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## BEAT TYPE 2 DIABETES WITH PHYSICAL THERAPY

### Beat Type 2 Diabetes With Physical Therapy

November is American Diabetes month. Although you may not think "physical therapy" if you have diabetes, the American Physical Therapy Association has stated that a safe, individualized exercise program may be the key in preventing type 2 diabetes for those at high risk for the disease.



Nearly 24 million children and adults in the United States suffer from diabetes.

The American Diabetes Association estimates that the total national cost of diagnosed diabetes in the United States is \$174 billion. The cost of caring for someone with diabetes is \$1 out of every \$5 in total healthcare expenditure.

Did you know that exercise has a positive effect on diabetes? A combination of aerobic exercise and resistance training to overload the muscles has been shown to help people with diabetes. **As your physical therapy providers, we can tell you this is GREAT NEWS because we can help you or your family control type 2 diabetes.**

It gets even better. **Type 2 diabetes is largely preventable.** About 9 in 10 cases could be avoided by taking some simple steps:

1. Keep your weight under control
2. Exercise more
3. Eat a healthy diet and
4. Stop smoking

### Testimonials

Please insert your own patient testimonial or any other content here. The more specific the testimonial, the better. Use this section for anything, you don't have to enter a testimonial.. you can also use other content instead of testimonials. The following is an example of a testimonial:

I have worked with Jane for over a year now and am amazed with her efficiency! She has helped me overcome all the aches and pains that prevented me from working and doing the things I wanted. She is an excellent therapist and I recommend her highly! Coming to your clinic was one of the best decisions ever. Thank you so much!

*Patient Name, Town Name*

# This Is EXACTLY Where We Come In.....

In a recent National Institutes of Health (NIH) study, physical therapists have contributed to the finding that lifestyle interventions have a big role in preventing diabetes by helping people develop safe exercise programs.

Your best bet for preventing the onset of diabetes is to remain physically fit and maintain an ideal body weight. Overweight or obese individuals must follow an appropriate exercise program that includes aerobic conditioning.

Your physical therapist can design a low-impact form of weight training by using low-weight, high-repetition exercise bands. This type of exercise helps to avoid excessive joint stress. Modified yoga stretches and Tai Chi are also great forms of exercise to promote flexibility and help with relaxation.

As people who are overweight begin to lose weight and gain fitness, they also need to increase the intensity of their exercise.

**Physical therapists are extensively trained in balancing the progression of the exercise prescription with the need for joint protection and safety during exercise.** This approach helps people to continue to pursue and enjoy their exercise programs and become lifelong advocates of exercise, supporting the maintenance of a healthy body weight

## What's Weight Got To Do With It...

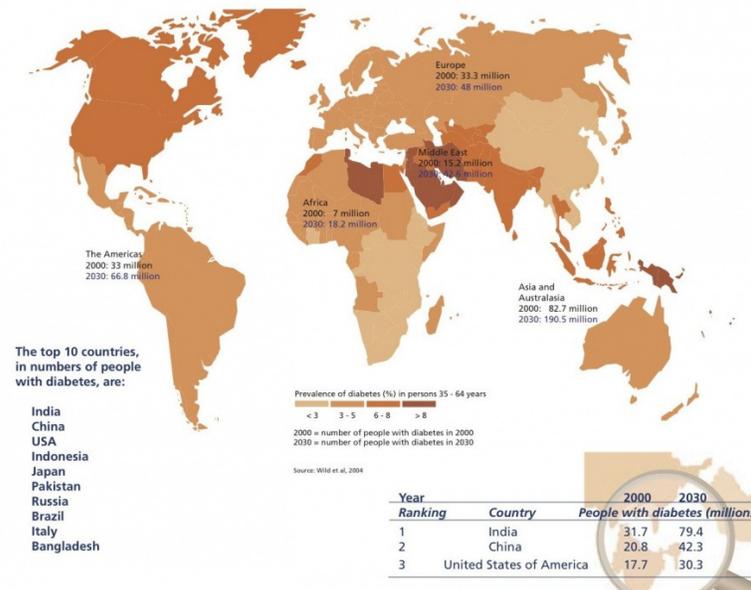
If you are overweight, you may be at high risk for physical injury due to impaired strength and flexibility.

It's CRITICAL that you work with experts in motion who can help design a safe and comprehensive exercise plan to meet your individual needs.

**As your physical therapists, we understand the difficulties you face and we monitor your progress during specific, appropriate exercise programs.** This can be the difference between moderate success and outstanding results with exercise.

Give us a call today to get yourself, or a loved one started on the road to a healthier you. **If you or someone you know is at risk for developing type 2 diabetes, consult us, your local physical therapists, for a safe, appropriate exercise plan to help reduce this risk.**

### Prevalence of diabetes



Use this section to insert more content about your services. Add another testimonial or provide more information about your practice.

### More Information

This section can be used to provide some more information about your unique products, services, and a 'hook' for patients to contact you.

### Contact Us

Use this space for more announcements or repeat your contact information here.