

JERSEY CENTRAL PHYSICAL THERAPY FITNESS

Physical Therapy and Diabetes

Although you may not think "physical therapy" will help if you have diabetes, the American Physical Therapy Association has stated that a safe, individualized exercise program has been shown to be key in preventing or reducing the affect of type 2 diabetes for those at risk for or with the disease.

Currently, more than 23 million children and adults in the United States have diabetes. The American Diabetes Association estimates the total cost of treating diagnosed diabetes in the United States is \$174 billion. That is \$1 out of every \$5 in total healthcare costs.

Did you know that an exercise program designed and supervised by our physical therapist has a positive effect on diabetes? Our program consists of a variety of exercises focusing on aerobic conditioning and resistance training. **In fact, as your physical therapy providers, we have a full service fitness center to help you.**

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
4. Stop smoking and drinking



This is EXACTLY Where We Come In.....

In a recent National Institutes of Health (NIH) study, Physical Therapists played a big role in preventing diabetes by helping people develop safe exercise programs.

Your best bet for preventing or reducing the effect of diabetes is to begin and continue a fitness program under the direction of our physical therapists. This will allow you to remain physically fit and maintain an ideal body weight while reducing the potential for injury.

As people who are overweight begin to lose weight and gain strength and endurance, they also need to increase the intensity of their exercise without injuring themselves.

Prevalence of Diabetes

<u>Ranking</u>	<u>Country</u>	<u>2000</u>	<u>2030</u>
		People with Diabetes (million)	
1	India	31.7	79.4
2	China	20.8	42.3
3	US	17.7	30.3

Physical therapists are the only profession qualified in balancing the progression of an exercise program while monitoring a patient's medical status, maintaining joint protection and safety during exercise. This approach helps people continue to follow and enjoy their exercise programs and become lifelong advocates of exercise, supporting the maintenance of a healthy body weight.

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

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

It's CRITICAL that you work with the experts 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. We monitor your progress during specific, appropriate exercise programs.** This can be the difference between success and failure.

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 for a safe, appropriate exercise plan to help reduce that risk.**

PLEASE CONTACT FOR MORE INFORMATION:

Dr Alex Ivashenko PT DPT OCS
Board Certified Orthopedic Physical Therapist
Jersey Central Physical Therapy
2147 Route 27
Edison NJ 08817
732-777-9733