Diabetes Mellitus is a metabolic disorder characterized by high blood sugar levels over a prolonged period due to insulin deficiency, insulin resistance, or both. The major types are Type 1 (insulin-dependent) and Type 2 (non-insulin dependent). Common complications include neuropathy, retinopathy, kidney disease, and increased risk of cardiovascular diseases.

FOCUS OF CARE

Monitoring and managing blood sugar levels, promoting physical activity to aid glucose management, addressing complications like diabetic neuropathy and foot ulcers, and educating on diet and lifestyle changes.

PT / PTA	OT / COTA	SLP
Focus: Circulation and fitness **Exercises:** Foot care, light aerobic activities	**Focus:** Glucose management training **Adaptations:** Instruction on insulin administration, diet adjustments	**Focus:** Manage diabetes-related communication and swallowing issues **Interventions:** Speech therapy, swallowing techniques, cognitive exercises

TREATMENT GOALS

- Improve or maintain blood glucose levels within recommended ranges
- Enhance overall physical fitness and weight management
- Prevent or manage complications associated with diabetes
- Empower patients with self-management skills for long-term health maintenance

TESTS AND MEASURES TO UTILIZE

1. Skin checks
2. Strength testing
3. 30-Second Chair Stand Test
4. Pain assessment scales
5. Berg balance Scale
6. Four Square Step test
7. Functional assessments like the Timed Up and Go (TUG) test

KEY EXERCISES

1. Aerobic exercises to improve cardiovascular health and glucose utilization
2. Strength training to increase muscle mass, which can improve insulin sensitivity
3. Balance exercises to reduce the risk of falls, particularly important in patients w/neuropathy
4. Flexibility exercises to maintain joint health and mobility
5. Skin checks

RECOMMENDED EXERCISES FOR HEP

1. Endurance / AA / Walk
2. Endurance / AA / LIA
3. Flexibility & ROM / LB / CalfStretch
4. Flexibility & ROM / LB / HamStretch
5. Pain Mgmt & Relaxation / PR / GenMov