

Exercise protocol for diabetic patients



Abstract

In the past 20 years, the significance of diabetes has accelerated dramatically in many elements of the arena and the disorder is now an international community fitness trouble. Diabetes mellitus is related to numerous systemic complications that affect the retina, heart, mind, kidneys and nerves. Peculiar/decreased sensation dwindled reflexes, decreased proprioception and decreased muscle strength in lower limbs results in stability and purposeful issues in patients with diabetic peripheral neuropathy. Evidence strongly supports that physiotherapists play a significant role within the prevention, remedy and management of diabetes mellitus and its related headaches. Physiotherapy management techniques and rehabilitation interventions, including exercising prescription and education will help o facilitate affected person participation in applications that improve and keep physical nicely-being which has a substantial impact on their sports of each day dwelling and health-related first-rate of lifestyles (HRQOL).

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Biography

Rakesh Wadhwa is running his own Wadhwa Physiotherapy Clinic in India. He has completed his Masters in Physiotherapy with specialization in Sports Injury and Rehabilitation. He has been a renowned speaker in many national and international conferences. He also worked as a sports physiotherapist in 33rd national games in Guwahati, India in 2007. Ha has been a Founder Member of Indian Association of Physiotherapy. He also attended CME programme on sports psychology and doping. He has many national and international publications under his name. He has given his on field services in events like marathons, football, cricket, kabad-di and tennis matches etc. He has been awarded with various academic and clinical awards. He also has huge clinical expertise in manual therapy, biomechanical analysis and sports injury rehabilitation.



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