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FOR DIRECTORS IN  
**Rehabilitation**

## Diabetes

For more information, go to [www.thera-band.com](http://www.thera-band.com)

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### WEB EXCLUSIVE

With diabetes, either the body doesn't produce insulin, or cells ignore insulin.

In Type I diabetes, genetic factors cause the immune system to attack the pancreas cells, damaging them and decreasing insulin production. Siblings and children of people with Type I diabetes are at greater risk of acquiring this type of the disease.

Type II has genetic factors and acquired risk factors, such as obesity, aging and lack of physical activity, which can lead to insulin resistance and deficiency. People older than 45 who are overweight and sedentary are at greater risk. In addition, certain racial and ethnic groups (African-American, Hispanic, Native American) are at greater risk.

You can treat diabetes by lowering blood sugar with insulin and exercise. Exercise facilitates weight loss and helps eliminate the need for insulin by using glucose.

### Exercise Tips and Precautions

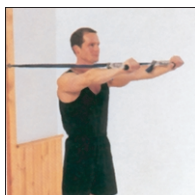
- \* Never exercise with high blood sugar or ketones.
- \* Be sure that the blood sugar level is well controlled and check levels before, during and after exercise.
- \* Always have fast-acting sugars on hand, such as candy or fruit juice, in case of hypoglycemia.
- \* Consult a health care clinician to determine a specific exercise prescription.

*Always consult your physician before beginning an exercise program. This information isn't intended to diagnose any medical condition or replace the advice of health care professionals. Discuss a specific exercise prescription with your health care professional. If you experience any pain or difficulty with these exercises, stop and consult a clinician.*



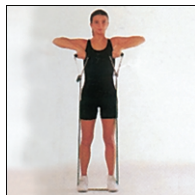
#### Biceps Curls

Keep elbows by your side. Bend elbow and lift the hand toward the shoulder.



#### Chest Press

Straighten elbows and push the resistance band away from the body.



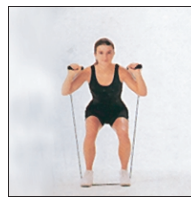
#### Upright Row

Bend the elbows while lifting hands toward the shoulders.



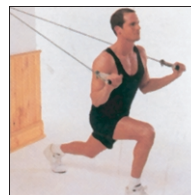
#### Overhead Press

Extend the arms overhead and push the resistance band toward the ceiling.



#### Squats

Keep the back straight. Bend at the hips and move the knees to 90 degrees.



#### Lunge

Place one leg forward and bend the knee to 90 degrees.



#### Leg Extension

Begin with the knee bent. Then, extend the knee to straighten.



#### Calf Raises

Hold the resistance band at hip level. Lift heels and keep toes flat.



### Notes

*The purpose of this patient education handout is to further explain or remind you about a medical condition. This handout is a general guide only. If you have specific questions, be sure to discuss them with your health care provider.*