

# THE BASICS 540.985.0500

Back to Basics Physical Therapy 1015 First Street SW, Roanoke, VA 24016

## » 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 have 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 costs.

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 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


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

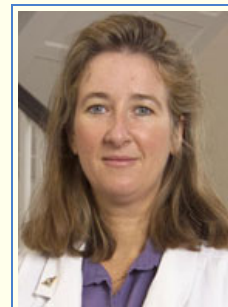
In a recent National Institutes of Health (NIH) study, physical therapists have contributed to the finding that lifestyle interventions have a big role in preventing diabetes by helping people develop safe exercise programs.

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.

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Francine Noel-Ford, DPT

Back to Basics Family Physical Therapy

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### Patient Testimonial

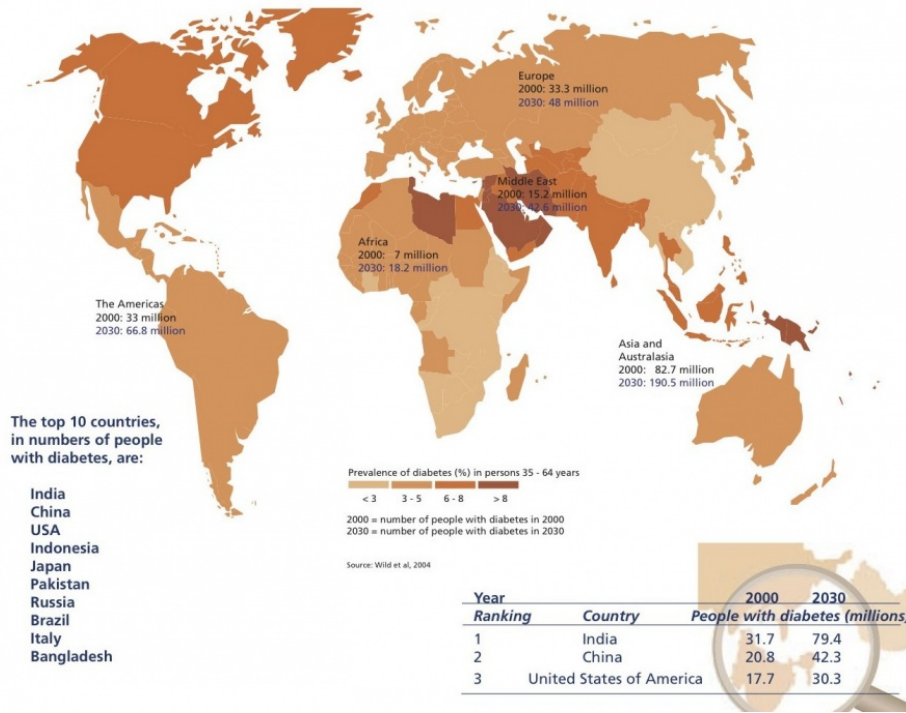
When I first came to back to Back to Basics, my arm was swollen, huge, and in pain. After just 1 or 2 treatments I found relief. I was really pleased. T. Williams.

Do you need **Physical Therapy?**

If you have any of the following **conditions** we can **help!**

Tendonitis/ Bursitis  
Sprain/ Strain

## Prevalence of diabetes



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

Jaw, Neck, or Back Pain  
Tension Headache  
Pelvic Pain/ Incontinence  
Lymphedema  
Trigger Points

Pre/ Post Surgical Protocols

Most Insurances Accepted!

### ANNOUNCEMENTS

**Please help us welcome our new Physical Therapy assistant, Jennifer Cooper.**

**We are now offering Pre/ Post Natal, Osteoporosis, Pilates and Yoga Classes. Please call 540.985.0500 to register.**

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Also view our blog at [back2basicspt.blogspot.com](http://back2basicspt.blogspot.com)

REFER A FAMILY MEMBER OR FRIEND AND RECEIVE A FREE 1/2 HOUR GIFT CERTIFICATE FOR A MASSAGE!

***(MUST BE A PREVIOUS PATIENT)***

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