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June 2011

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In this issue:

- [--Mobile PT completes CEEAA Certification by American Physical Therapy Association](#)
- [--Exercising Safely with Diabetes--Current Recommendations](#)
- [--Client of the Month: Emma](#)

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--Mobile PT completes CEEAA Certification by American Physical Therapy Association



Mobile Physical Therapy is proud to announce the completion of the certification process for the "Certified Exercise Expert for the Aging Adult (CEEAA)" sponsored by the Geriatric Section of the American Physical Therapy Association.

The three course series was completed in late May 2011. The process to attain the credential of "Certified Exercise Expert for Aging Adults" (CEEAA) involved formal didactic education, participation in supervised and mentored skills development, home-based reflection, critical thinking, and written and practical exams.

The courses were held at the campus of Texas State University. The courses included reference based test and measures, exercise consensus guidelines, motivational strategies for the older adult exerciser, medication effects on exercise, and nutritional requirements for the aging adult exerciser. Also included were evidence based exercise programs for specific aging populations (such as those with diabetes or obesity).

Mobile Physical Therapy is excited to have been part of this valuable course series.

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--Exercising Safely with Diabetes-- Current Recommendations



Diabetes is a disease that occurs when a person's body doesn't make enough insulin or can't use insulin properly. There are 2 types of diabetes. Type 1 diabetes occurs when your body's pancreas doesn't produce any insulin. Type 2 diabetes occurs when the pancreas either doesn't produce enough insulin or your body's cells ignore the insulin. Between 90% and 95% of people who are diagnosed with diabetes have type 2 diabetes.

When you digest food, your body changes most of the food you eat into sugar (glucose). Insulin "opens the door" and allows the sugar (glucose) to enter all the cells of your body and be used as energy. When you have diabetes, your body doesn't make enough insulin or can't use it properly, so the "door is closed" and the sugar builds up in your blood instead of moving into the cells. Too much sugar (glucose) in the blood can lead to serious health problems.

How can exercise help my diabetes?

Exercise directly affects the muscle/sugar door, helping to make the insulin more effective...it helps to "open the door". The muscle can take the sugar from the blood better, and lowers the amount of sugar in the blood.

Exercise can help control your weight and lower your blood sugar level. It also lowers your risk of heart disease, a condition that is common in people who have diabetes. Exercise can also help you feel better about yourself and improve your overall health.

To improve your blood sugars, assist with weight management, and reduce the risk of cardiovascular disease, you should do:

- at least 90 minutes/week of vigorous **aerobic exercise AND**
- at least 150 minutes/week of moderate-intensity aerobic **physical activity.**

Physical activity should be done over at least 3 days/week and with no more than 2 consecutive days without physical activity.

People with type 2 diabetes should perform resistance exercises, unless there is another medical condition which makes them unsafe. The guidelines

for resistance exercises are:

- 3 **times**/week,
- targeting all major muscle groups (8-10 exercises), progressing to 1-3 sets of 8- 10 repetitions of a weight that cannot be lifted more than 8-12 times.

To ensure resistance exercises are performed correctly, maximize health benefits, and minimize the risk of injury, you should see a physical therapist for initial supervision and a periodic reassessment.

[For a copy of these recommendations and MORE information, click here.](#)

--Client of the Month: Emma

Meet our June client of the month, Emma. Recently she started having balance problems and got a referral from her physician to have physical therapy.

Here you see Emma working out on machine designed to work the thigh muscle, also called the quadriceps. Strengthening this muscle can lead to improvements in walking speed, balance, knee pain, going up and down steps, and getting up from a chair.

Strengthening the muscle takes a lot of work. You must be lifting enough weight to make the muscle VERY tired. Usually there is a burning sensation in the muscle, and it can barely lift the weight one last time. This is known as muscle fatigue, and you actually want this to happen. The muscle responds to this stress by getting stronger.

Emma has been working very hard on strengthening her legs muscles. She started out lifting 40 lbs on this



machine and is now able to lift 80 lbs after 10 weeks of strength training. She has seen improvements in her gait speed and balance as a result of all of the hard work. Great job Emma!

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