Note to Participants: There are interactive pop-up questions throughout this lecture. If you choose to pause the lecture and return at a later time, a natural break time would be after answering the interactive questions. (You are able to pause at any time and the presentation will “remember” where you were. It’s just a more natural time to pause after the interactive questions.) For your convenience, this outline reflects where/when within the lecture the interactive questions occur.

This lecture has 111 slides and is 124 minutes in duration.

I. Exercise therapy: CPGs for exercise training
   A. Evaluation
      1. Screening for CAD in type 2 diabetes
      2. Patient stories
   Interactive Questions – slide 27 @ 31 minutes
   B. Guidelines
   Interactive Questions – slide 35 @ 42 minutes

II. Exercise precautions and contraindications
   A. Red flags
   B. Yellow flags
   C. Dose-response effect of:
      1. Aerobic training
      2. Exercise training on blood glucose
   D. Dose-response effect of resistance training on physical function
      1. Immediate blood glucose response to exercise training
      2. Why does exercise decrease blood glucose levels?
      3. Predictors of exercise-induced decrease in blood glucose
      4. Treatment and prevention of exercise-related hypoglycemia
         a. Symptoms of hypoglycemia
   Interactive Questions – slide 59 @ 70 minutes

III. Clinical trials on the effect of exercise training for patients with type 2 diabetes
   A. General studies
   B. Exercise training and...
      1. Neuropathy
      2. Kidney dysfunction
      3. HTN
   Interactive Questions – slide 85 @ 100 minutes
IV. Treatment of diabetes-related orthopedic disorders
   A. Adhesive capsulitis
   B. Dupuytren’s contracture
   C. Carpal tunnel syndrome
   D. Treatment of diabetic foot disorders
      1. Charcot’s foot
      2. Total contact casting

Interactive Questions – slide 108 @ 121 minutes
Bibliography


* These articles are available to download through the tab at the top of this course, as well as from our library page at [www.educata.com/articles.aspx](http://www.educata.com/articles.aspx).

**Suggested websites for more information:**

1. American Diabetes Association: [professional.diabetes.org](http://professional.diabetes.org)