

Physiotherapy services for people with diabetes

Exercise and Diabetes

Regular exercise plays a vital role in the management of Type 2 diabetes. Supervised exercise classes are available for patients with type 2 diabetes in our physiotherapy department. Referral by GP, Consultant or diabetes clinical nurse specialist is required.

By increasing your exercise levels you should:

- Be in a position to lead a more active lifestyle.
- Enhance your fitness level and knowledge of exercising with diabetes.
- Improve your insulin sensitivity and glycaemic control.
- Aid weight loss (if needed).

Exercise classes for Type 2 diabetic patients

What do the exercise classes involve and how often do I attend?

The classes run for 8 weeks, in the physiotherapy department on Monday 10.30-11.30am. They consist of an individually tailored exercise programme in a group setting for an hour. Be reassured that the exercises will be tailored to suit your capabilities.

What will happen at my first appointment?

You will be assessed individually, this will involve:

- A simple walk test
- A simple blood pressure and heart rate test
- Filling out a questionnaire.

These tests will be repeated at the end of the course to show your improvements.

I am keen to improve my general fitness but the time for the exercise class does not suit me?

Individual exercise sessions for 3/4 hour can be arranged to suit your schedule.

Foot assessments

We also provide a comprehensive foot assessment service for diabetic patients. Following a thorough biomechanical assessment of your feet, an explanation of your problem will be given. Treatment options such as specialist orthotics and suitable footwear will be considered. Orthotics are inserts for shoes that ensure good posture of the feet and body. They are made from a cast of your feet and prescribed specifically according to your condition and footwear..

What are the costs and what do they include?

Exercise classes

Physiotherapy assessment 8 weekly exercise classes	
Physiotherapy re-assessment	€350

Individual exercise session

3/4hr individual exercise prescription	€50
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Biomechanical Foot assessment

Individual foot assessment and review	€130
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We hope that many of your questions have been answered within this leaflet, but should you have any further queries or like to make a booking please contact us on:

Physiotherapy Department

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Email physio@cork.bonsecours.ie



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