

Patient Name: John Doe
Date: 15/11/2024
Prepared by: Physiotherapist and Fitness Specialist

Objective:

To provide an exercise plan that:

- Improves glycemic control and cardiovascular fitness.
- Alleviates symptoms of diabetic neuropathy.
- Enhances overall physical and mental well-being.

Exercise Guidelines:

1. **Duration:** Minimum of 150 minutes of moderate aerobic activity per week.
2. **Frequency:** 5 days a week, with 2 days dedicated to resistance training.
3. **Intensity:** Moderate, ensuring a conversational pace during aerobic activities.
4. **Precautions:**
 - Monitor blood sugar levels before and after exercise.
 - Wear proper footwear to prevent foot injuries.
 - Avoid high-impact exercises that may exacerbate neuropathy.

Weekly Exercise Plan

Day 1 (Monday): Aerobic Activity and Core Strength

- **Warm-Up (10 minutes):**
 - Gentle stretching for legs, back, and shoulders.
 - Brisk walking at a slow pace.
- **Main Activity (30 minutes):**
 - Walk on a treadmill or outdoors at moderate intensity.
- **Core Strengthening (10 minutes):**
 - Plank (3 sets, 20–30 seconds each).
 - Seated leg lifts (2 sets of 10 reps).
- **Cool Down (5 minutes):**
 - Light stretching.

Day 2 (Tuesday): Resistance Training

- **Warm-Up (5 minutes):**
 - Light jogging in place or dynamic stretching.
- **Strength Training (30 minutes):**
 - Dumbbell squats (2 sets of 10 reps).
 - Dumbbell chest press (2 sets of 10 reps).
 - Resistance band rows (2 sets of 10 reps).
 - Step-ups on a low platform (2 sets of 10 reps per leg).
- **Cool Down (5 minutes):**
 - Gentle stretching for arms and legs.

Day 3 (Wednesday): Restorative Yoga

- **Warm-Up (5 minutes):**
 - Deep breathing exercises.
- **Yoga Flow (30 minutes):**
 - Child’s Pose (3 minutes).

- Cat-Cow Stretch (3 minutes).
 - Downward Dog (3 minutes).
 - Warrior Pose I & II (3 minutes each side).
- **Cool Down (5 minutes):**
 - Relaxation in Savasana.

Day 4 (Thursday): Aerobic Activity

- 45 minutes of cycling at moderate intensity, either stationary or outdoor.

Day 5 (Friday): Strength and Balance

- Same resistance training as Day 2, with the addition of balance exercises:
 - Single-leg stand (30 seconds per leg, 3 sets).

Day 6 (Saturday): Aerobic Activity

- Swimming for 30 minutes at a steady pace.

Day 7 (Sunday): Active Recovery

- Light walking for 20–30 minutes.
- Stretching or yoga for flexibility.

Additional Recommendations:

- **Podiatry Care:** Check feet after every session for redness, blisters, or injuries.
- **Progression:** Gradually increase intensity as fitness improves.
- **Hydration:** Drink water before, during, and after exercise.