

OP6

The role of physical therapy interventions, exercise and insole on prevention of diabetic foot complication .

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Aims :The purpose of this Randomized Controlled Trial study was to investigate the impact of physical therapy interventions , exercise and insole on different aspects of health related quality of life (SF-36 scale) in subjects with type 2 diabetes. **Methods:** Among 124 patients with type 2 diabetes, 110 subjects have the inclusion criteria for this study. They were randomized to control group (n=56, age=55± 2/1, mass= 71± 2/7) and physical therapy interventions group (n=54,age= 54±1/9, mass=71±3/2). All patients in the latter group were given training session and received 30 minute pain modalities (IF, IR and kneading massage) for lower extremity , Then stretching , strength and endurance exercises were trained to them during 3- 4 sessions and supervised exercises 3 times per week during 8 month. Also, the proper insole and shoe is given to latter group. **Results:** summary of results showed in Table, (S = Significant, NS = Non-significant).

variables	control group		experimental group	
	P value	changes	P value	changes
physical functioning	0.81	NS	0.02	S
bodily pain	0.25	NS	< 0.001	S
Physical component	0.89	NS	< 0.001	S
mental component	0.55	NS	0.33	NS
numbness	0.36	NS	< 0.001	S

Conclusion: Regular supervised exercise, physical therapy and proper shoe and insole is a effective intervention in diabetic patients, which significantly improves health related quality of life and influence their long-term prognosis.