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## Impact of Structured Exercise in diabetes Mellitus: A Scoping Review

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### Abstract

**Background:** Exercise is regarded as a key component in the management of T2DM and has been shown to benefit a number of conditions that are closely related to the disease and its complications, including glycemic control, high blood pressure, abnormal blood lipid profiles, muscle weakness, neuropathy, functional decline, and poor quality of life. This study aimed to systematically review the effect of structured exercise interventions in diabetes mellitus.

**Method:** Electronic data bases were searched for controlled trials investigating the impact of exercise intervention with T2 DM.

**Results:** For type 2 diabetes, several researchers investigated the effects of structured exercise programs that include aerobic, resistance, balancing, combined, or task-oriented exercises. Whereas all forms of exercise have been linked to improvements in neuropathy development, functional mobility, muscular strength, and quality of life, combination workouts yield more beneficial results. Few studies compared different types or dose of exercise.

**Conclusion:** This review support the benefits of structured exercises (Aerobic, Resistance, Combined, Balance or Task oriented) for patient with type 2DM. All type of exercises associate with improvement in at least one factor related to type two diabetes mellitus management which include muscle strength, functional mobility, gait, balance, posture and quality of life.

**Keywords:** *Diabetes mellitus, diabetic neuropathy, task-oriented training, Structured Exercise.*