

Abstract

Title of the project: Prevention of syndrom diabetic foot

Purpose of the project: Application of three exercising methods which can influence risk factors of syndrom diabetic foot and to compare effectiveness each method.

Used methods: This project was based on experiment and comparison. Experiment was based on composition of three motional programs, which can improve vascularization and nerve supply in lower limbs and application these methods on group of patients. Group of patients consists of 20 diabetics, age between 60 – 80 years, men and women, who had diagnosis of disease diabetes mellitus for more than 5 years. Methods were applied in consecutive way: conditional training, method of sensomotorical stimulation and exercising in the water bath. Each method was applied for two weeks with two weeks break. Then was compared effectiveness each method.

Results: Application of methods confirmed that motional program, which improves vascularization and nerve supply, can improve risk factors of syndrom diabetic foot. Before start the experiment respondents evaluated all symptoms and draw them in the scheme body form. They assessed intensity of these symptoms at the scale 0 – 4 point. The examination was repeated after application each of method. Results obtained showed that higher effectiveness had method of exercising in the water bath, with improvement of about 34,5 percent.

Key words: Diabetes mellitus, motional program, prevention, risk factors, syndrom of diabetic foot