

Basic exercise programme for diabetes	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Brisk Walk 30min	Gym: WARM-UP Cross Trainer 15min STRENGTH TRAIN - MACHINES Leg press Lat pull-down Knee extension Overhead press Knee flexion Seated row Calf raises Chest press COOL-DOWN: See pictures below Calf stretch Glute stretch Hamstring stretch Pec stretch Hand behind head stretch Bicep stretch	Brisk Walk 30min	Brisk Walk 30min	Gym: WARM-UP Cross Trainer 15min STRENGTH TRAIN - MACHINES Leg press Lat pull-down Knee extension Overhead press Knee flexion Seated row Calf raises Chest press COOL-DOWN: See pictures below Calf stretch Glute stretch Hamstring stretch Pec stretch Hand behind head stretch Bicep stretch		Brisk Walk 30min
	Week 1-6	Do 15 repetitions (reps) of each exercise		Use a weight that allows you to complete 15 repetitions (reps) before you get tired. You should increase the weight as you get stronger. Increase the weight once you are able to easily to 17 reps. Increase the time you walk for and/or the speed you walk at as you get fitter.		<p>Please show this programme to your healthcare professional BEFORE you start it.</p> <p>Created by: sports-injury-physio.com</p>	
	Week 7-12	Do 15 reps Rest 2minutes Do another 15 reps of the same exercise					
	Week 13 to 6 months	Do 15 reps Rest 2 minutes Do another 15 reps of the same exercise Rest 2 minutes Do another 15 reps of the same exercise					
After 6 months	Do 10 reps Rest 2 minutes Do 10 reps Rest 2 minutes Do 10 reps						

Post-Gym Stretches

Sports Injury Physio
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Notes: You should not experience any pain or discomfort during or after doing these exercises. Please contact your physiotherapist if you do experience any symptoms.

1. Calf stretching



Repetition: 3

Stand and place both hands on a wall, with the leg to be stretched at the back.
Place one leg behind the other and lean your body forward without bending the back knee until you feel a stretch in your back calf.
Make sure that your foot points straight forward.
Maintain the stretch and relax.

Hold: 30sec sec.

2. Hamstring stretch



Repetition: 3

Start seated with one leg extended in front and with the other foot resting on your inner upper thigh.
If your hamstrings are very tight you may find sitting on a pillow that lifts you up a bit helps.
Reach for your foot with both hands and hold the position.
Your body should be aligned nicely with the leg straight forward and the hips and shoulders squared.
Breathe normally when in position.
Repeat on the other side.

Hold: 30sec sec.

3. Stretching glutes



Repetition: 3

Lie on your back with your knees bent, place one foot over the opposite knee.
 Grab behind the leg that is on the floor with your hands and pull it toward you until you feel a gentle stretch.
 Push on your knee to increase the stretch.
 As an alternative, lie in front of a wall and use the wall to push your foot if you have trouble reaching the back of your leg.

Hold: 30sec sec.

4. Pec stretch



Repetition: 3

Place your forearm against a wall with elbow bent to 90 degrees.
 Slowly move forward and turn body away from the arm until a stretch is felt in the chest or the front of the shoulder.
 Hold the stretch.
 Repeat on other side.

Hold: 30sec sec.

5. Bicep + Pec stretch



Repetition: 3

Stand up straight with your shoulders back and your back straight.
 Place both hands behind your back and cross your fingers.
 Turn your palms around to face the floor and raise your hands away from your back until you feel a gentle stretch across your chest and in front of your shoulders and in your upper arms.
 Maintain the position and relax.
 Do not lean your body forward. Keep your back straight.

Hold: 30sec sec.

6. Hand behind head stretch



Stand straight and bring one arm overhead with your elbow bent and your hand behind your back.

Use the opposite arm to lightly pull on your elbow to accentuate the stretch.

Hold the position when you feel a comfortable stretch under your arm.

Repetition: 3

Hold: 30sec sec.
