## Providing Evidence to Change Practice

In December 2010, Diabetes Care published "[Exercise and Type 2 Diabetes: The American College of Sports Medicine and the American Diabetes Association: Joint Position Statement](http://care.diabetesjournals.org/content/33/12/e147.abstract)." Evidence for these revised guidelines came from "[Effect of Weight-Bearing Activity on Foot Ulcer Incidence in People With Diabetic Peripheral Neuropathy: Feet First Randomized Controlled Trial](http://ptjournal.apta.org/content/88/11/1385.full)," the parent study published in **PTJ** in 2008 by LeMaster et al. The new guidelines now state:

**Evidence statement.** Individuals with peripheral neuropathy and without acute ulceration may participate in moderate weight-bearing exercise. Comprehensive foot care including daily inspection of feet and use of proper footwear is recommended for prevention and early detection of sores or ulcers. Moderate walking likely does not increase risk of foot ulcers or reulceration with peripheral neuropathy. ACSM evidence category B. ADA B level recommendation.