## Discussion Podcast: The Feet First Trial: Walking Exercise Programs for Patients With Diabetic Peripheral Neuropathy

Participants: **Robin L. Kruse**, PhD, Research Associate Professor, Department of Family and Community Medicine, School of Medicine, University of Missouri, Columbia, Missouri; and **Joseph W. LeMaster**, MD, MPH, Assistant Professor, Department of Family and Community Medicine, University of Missouri. Moderator: **Michael J. Mueller**, PT, PhD, FAPTA, Professor of Physical Therapy, Program in Physical Therapy, School of Medicine, Washington University in St Louis, St Louis, Missouri.

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* [Discussion Podcast](file:///Y%3A%5CContent_Analysis%5CPhysical%20Therapy%5CSupplements%5Cptjournal.view%5C90%5C11%5C1568%5Cdc1%5C90.11.1568.DC1%5Cptj_201011_discussion_feet_first.mp3) - Despite its positive effects on glycemic control and cardiovascular health, exercise has not been recommended for people with diabetes and peripheral neuropathy because of concerns about increased risk for skin ulcers and falling. Authors Kruse and LeMaster discuss their article "Fall and Balance Outcomes After an Intervention to Promote Leg Strength, Balance, and Walking in People With Diabetic Peripheral Neuropathy: 'Feet First' Randomized Controlled Trial". The good news, according to Kruse, is that people with diabetes and peripheral neuropathy can walk without increasing their risk of falls or foot ulcers. Mueller asks the authors about the challenges of conducting a community-based research study and the challenges of motivating this patient group to exercise.

Running time: 18:34 (12.9 MB)

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**Length:** 18:34

**PTJ Helps Guide 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.

**Quick Grabs:**

Kruse: "Walking is something any patient can do almost anywhere."

LeMaster: "Even to the point of walking about 10,000 steps a day, if patients had … a weekend break, they didn't see foot breakdown."

**References**

[LeMaster JW, Reiber GE, Smith DG, et al](http://www.ncbi.nlm.nih.gov/pubmed/12840628). Daily weight-bearing activity does not increase the risk of diabetic foot ulcers.Med Sci Sports Exerc. 2003;35:1093-1099.

[LeMaster JW, Mueller MJ, Reiber GE, et al](http://ptjournal.apta.org/content/88/11/1385.full). Effect of weight-bearing activity on foot ulcer incidence in people with diabetic peripheral neuropathy: Feet First randomized controlled trial. Phys Ther. 2008;88:1385-1398.

[Armstrong DG, Lavery LA, Holtz-Neiderer K, et al](http://care.diabetesjournals.org/content/27/8/1980.long). Variability in activity may precede diabetic foot ulceration. Diabetes Care. 2004;27:1980-1984.

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