

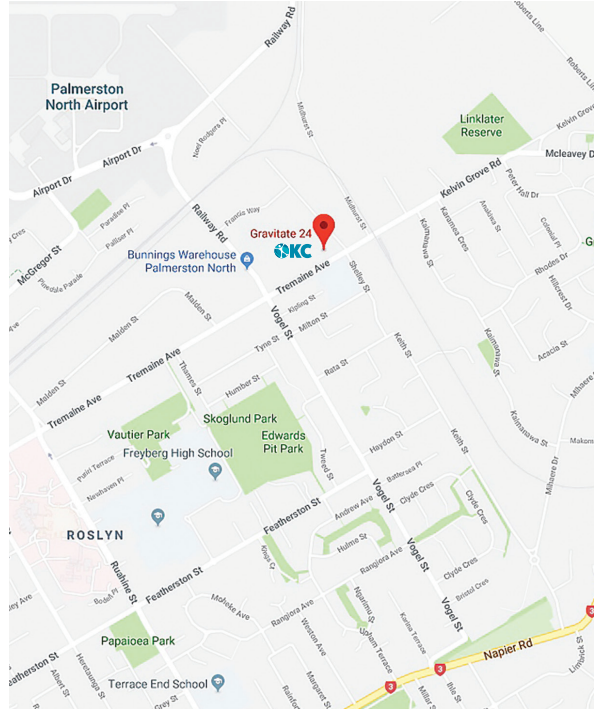
OraKinetics operates in collaboration with the MidCentral DHB, and the Central PHO providing advanced exercise reconditioning and health promotion services for the Manawatu community.

WHO WE ARE

Lukas and Sonja Dreyer, Clinical Exercise Physiologists (CEP) at OraKinetics Clinic are registered under the Clinical Physiology Board of New Zealand (CPRBNZ) and are healthcare professionals with over 50 years combined teaching and research experience.

Both have extensive practical experience in delivering worksite health promotion, pre- and post-surgical musculoskeletal rehabilitation, lifestyle and behavioural modification directed at the prevention and management of chronic metabolic, cardiovascular conditions like diabetes, cardiac, pulmonary and neurological conditions.

Ora in Maori means life/health and kinesis means physical movement. OraKinetics is born from these terms, meaning a *natural, responsive movement towards better health through manipulation of physical stimulus.*



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DIABETES EXERCISE PROGRAMME



Life through movement

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OraKinetics offers specialised exercise programmes for individuals with medical or musculoskeletal conditions or injuries in a safe and supervised environment.

DIABETES EXERCISE PROGRAMME

The Diabetes Exercise Programme at OraKinetics is a supervised exercise programme designed to provide comprehensive care to people who have diabetes.

When you have diabetes, regular exercise may help for a number of reasons:

- Tone your muscles, and increase muscles sensitivity to insulin (reducing the need for insulin)
- Use up energy and lower blood sugar (glucose) levels (improving your glucose control)
- Help you maintain or achieve a healthy body weight
- Help with the management of diabetic micro and macrovascular complications
- Help to reduce your blood cholesterol levels and your blood pressure, which in turn lower your risk of heart disease
- Improve the circulation of blood around the body, which reduces your risk of arterial disease
- Help to reduce stress
- Exercise released endorphin hormones that help you feel and sleep better

The goals of this programme are to:

- Improve glucose control
- Increase the functional exercise capacity of the patient
- Provide safe individualised and supervised exercise programmes
- Provide patient and family support, and develop basic knowledge of exercise for following programme completion
- Promote positive lifestyle changes, including nutrition, weight loss, stress management and smoking cessation
- Improve patient's overall health

Eligible Candidates

Patients with any of the following conditions may be eligible for the programme:

- Type I Diabetes
- Type II Diabetes

Entry Criteria

A physician's or Clinical Nurse Specialist (CNS) referral from MidCentral DHB for admission to the Diabetes Exercise Programme. If certain entry criteria are met, the 10-week programme will be fully funded by MidCentral DHB.

Diabetes Exercise Testing

All patients referred to the clinic will undergo exercise testing. This involves completion of health questionnaires, a submaximal cycle exercise test and other functional tests as required.

Exercise testing will also include monitoring of blood glucose and, in some cases, an ECG will be performed. The results obtained from the test will assist the Clinical Exercise Physiologist to design an individualised exercise programme according to the patient's functional capability and health status.

Exercise Programme and Monitored Exercise Sessions

Based on the results from the exercise testing, and presence of other health/musculoskeletal conditions, an individualised exercise programme will be developed.

Exercise sessions are held twice per week for the 10-week programme. Each session will generally include:

- Flexibility, endurance and strength training
- Continuous supervision and monitoring of exercise responses
- Progression closely monitored and recorded
- Patient and physician feedback provided after baseline testing and again after the 10-week re-testing

Patient Monitoring

Heart rate, blood pressure, SaO₂, 30 second ECG and glucose levels will be checked before, during and after each exercise session. This ensures each patient is both safe to undertake their exercise programme and then they also recover as expected before leaving OraKinetics.