

## Importance of physical activity in preventing foot ulcers and amputations

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Diabetes mellitus (DM) is one of the non-communicable chronic diseases that are rapidly escalating the global threat, particularly in low- and middle-income countries. Diabetes mellitus is characterized by elevated blood sugar levels and leads to several macrovascular and microvascular complications such as neuropathy, retinopathy, renal failure, and cardiovascular disorder. Among all the complications, foot complications considered to be the most common leading to foot ulcer and amputations. This is a result of altered plantar pressures, spatio-temporal gait parameters, balance deficits and proprioception which affects the quality of life of patients with uncontrolled diabetes mellitus. The treatment of DM includes physical exercise and healthy diet with appropriate medications. Exercise is considered an important therapeutic regimen for diabetes mellitus. Though there are many kinds of exercises that aerobics, resistance, and the combination of aerobic and resistance have been studied in depth. Therefore it is very important to know the impact of physical activity in reducing the foot complications thereby reduces the foot ulceration and amputations.

### Biography

Dr Shashikumar CG, has completed his PhD from Manipal Univeasity, India. He is the certified diabetic foot care provider, specialised in biomechanics, customized footwear prescription. He is working as assistant professor and research scientist in University of Hail, Saudi Arabia. H ehas published more than 20 papers in reputed journals and has been serving as editorial board membe of reputed journals.