

## The effectiveness of aerobic exercise in improving peripheral nerve functions in type 2 diabetes mellitus: an evidence-based case report / Listya Tresnanti Mirtha, Viandini Permatahati

Listya Tresnanti Mirtha, author

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### Abstrak

**ABSTRAK**  
Background: peripheral neuropathy is known as one of most common complication in diabetes mellitus type 2 patient. This complication is caused by uncontrolled condition of blood glucose level in long periode. Regular physical activity in moderate to high intensity is beneficial in management of diabetes mellitus. This report aimed to know the effectiveness of aerobic exercise in causing improved peripheral functions in type 2 diabetes mellitus. Methods : literature searching using several related keywords in Medline, Pubmed,, and Cochrane library, following inclusion and exclusion criteria. Result : Dixit et al suggested that a heart rate intensity of 40-60 percent aerobic exercise of 30-45 min duration per session for eight weeks suggest an important impact in controlling diabetic peripheral neuropathy. Kluding PM et al suggested that significantly improved selected measures of peripheral nerve function (worst, pain levels and MNSI score, glycemic control (HbA1c), and resting heart rate. Conclusion : the studies showed significant benefit of aerobic exercise, despite the short duration of exercise being used as intervention towards improvement in peripheral nerve function. However, further studies with large samples and longer duration of intervention are needed to confirm the finding.