

The effect of a period of combined training on the Body composition, Range of motion Upper limb, Shoulder pain rate, Glucose homeostasis in type II diabetic patients after breast cancer surgery

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Background and Aim: The principle aim of this study was to investigate the effect of a period of combined training on the the Body composition, Range of motion Upper limb, Shoulder pain rate, Glucose homeostasis, and type II diabetic patients after breast cancer surgery. **Materials and Methods:** The subjects were 30 women with cancer and type II diabetes (mean age 50.53 ± 7.62 and weight 69.20 ± 19.14) who were ed initial screening and were divided into two groups, experimental group and control group. The aerobic-resistance training consisted of 3 sessions per week for 8 weeks. The resistance training were performed using Pilates cavities and aerobic exercises with a maximum heart rate of 50-70% and each intervention session lasted 60 minutes. The Body composition (using a Body composition device), glucose homeostasis indices (using blood sampling method), Range of motion (goniometer) and pain (using the McGill questionnaire) were evaluated. In order to compare the pre-test and post-test results in each group was used the statistical correlated t-test, and the independent t test was used to compare the results of the two groups. The significance level was determined as P

Keywords : Breast cancer, diabetes, glucose homeostasis, combined exercise exercises, range of motion

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