

Exercise cuts pain interference from diabetic neuropathy

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(HealthDay)—Aerobic exercise may help reduce perceived pain interference resulting from diabetic peripheral neuropathy (DPN), according to a brief research report published online March 20 in *Pain Medicine*.

Min Yoo, from the University of Kansas Medical Center in Kansas City, and colleagues enrolled 14 sedentary individuals (mean age, 57 years) with painful DPN in a 16-week, supervised aerobic exercise program. Pain intensity and pain interference with daily life were assessed before and after the intervention.

The researchers observed significant reductions in pain interference seen with walking ($P = 0.016$), normal work ($P = 0.032$), relationship with

others ($P = 0.006$), sleep ($P = 0.02$), and overall pain interference ($P = 0.013$) following the intervention. Pain intensity measures did not change. Maximum oxygen uptake increased significantly after the intervention ($P = 0.028$), but [body mass index](#), hemoglobin A1c, and blood pressure remained unchanged.

"These preliminary results suggest that perceived pain interference may be reduced following an aerobic exercise intervention among people with painful DPN, without a change in [pain intensity](#)," the authors write. "Further validation by a [randomized controlled trial](#) is needed."

More information: [Abstract](#)
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