AFTERNOON SESSION

Insulin Resistance: What It Is & Why It Matters to PTs & PTAs

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Description of CE presentation:

- 9/10 of your adult patients have insulin resistance. It’s the root cause of many comorbidities including obesity, diabetes, sarcopenia, fatty liver, heart disease, osteoarthritis, dementia, and more.
- This vast degree of metabolic dysfunction presents an untapped opportunity for PTs and PTAs to help our patients not only recover from their injury or illness, but improve their health and quality of life.
- In this presentation, you'll learn about major causes of insulin resistance, symptoms of insulin resistance, screening and testing measures, and evidence-based lifestyle recommendations for how to prevent and reverse the condition.
- Knowing this information will not only help you optimize your health, but give you more tools in your wellness toolbox to help your patients do the same.

CEUs: 3.5