

TABLE OF CONTENTS

	PAGE
ACKNOWLEDGMENTS	iii
ENGLISH ABSTRACT	iv
THAI ABSTRACT	vi
TABLE OF CONTENTS	viii
LIST OF TABLES	x
ABBERRVIATIONS	xi
CHAPTER I: INTRODUCTION	1
Research hypotheses	2
Purposes of this study	2
Application	2
CHAPTER II: LITERATURE REVIEW	
Introduction	4
Pathology of type 2 DM	5
Type 2 DM and impairments	6
Cardiovascular impairment	6
Respiratory impairment	7
Musculoskeletal impairment	8
Type 2 Diabetes mellitus and functional limitation	10

Physical training in type 2 DM patients	11
Physical testing in type 2 DM patients	11
CHAPTER III: METHODS	
Participants	14
Procedures	15
Statistical analysis	17
CHAPTER IV: RESULTS	18
CHAPTER V: DISCUSSION	23
REFERENCES	28
APPENDICES	
Appendix A Participant data form	39
Appendix B Contraindications to exercise testing	43
Appendix C Testing data form	45
Appendix D Consent form	47
Appendix E Ethics committee document	53
CURRICULUM VITAE	56

LIST OF TABLES

TABLE	PAGE
1 The subject demographic data	19
2 Results of PFTs, isokinetic muscle strength tests and 6MWT	20
3 Relationship between the 6MWD and variables	22

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ABBERRIATIONS

bpm	Beat per minute
°C	Degree Celsius
cm	Centimeter
COPD	Chronic obstructive pulmonary disease
DM	Diabetes mellitus
DBP	Diastolic blood pressure
HbA _{1c}	Glycosylated Hemoglobin or hemoglobinA _{1c}
IPAQ	International Physical Activity Questionnaires
kg	Kilogram
kg/m ²	Kilogram per square meter
L	Liter
m	Meter
mg/dl	Milligram per deciliter
mmHg	Millimeter of mercury
Nm	Newton meter
RPE	Rating of perceived exertion
SBP	Systolic blood pressure