

A total of 22 participants completed the study. This research showed that cardiorespiratory fitness increased following a 12-week seated exercise intervention, with a mean difference change of 2.94ml.kg.min⁻¹ VO₂peak (P = .004) between the control and intervention group at follow-up adjusted for baseline. No significant improvements whole-body strength or physical function were observed.

Adherence to the study and exercise intervention was strong. All intervention participants were able to work up to at least one session lasting 50 minutes in duration, with many progressing up to 150mins/week of moderate intensity arm ergometry, allowing these DFU patients to advance towards meeting physical activity recommendations while simultaneously adhering to offloading instruction. Final results to be added further to publication in due course.