

**APPLICATION OF BUERGER ALLEN EXERCISE FOR
UNDER EXTRIMITY CIRCULATION IN
DIABETIC FOOT ULCERS PATIENTS
IN BATAN VILLAGE BANYUDONO**

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ABSTRACT

Background; *The chronic complication of type 2 diabetes mellitus is diabetic foot ulcers. Buerger allen exercise is a physical activity that involves various joint movements in all directions to increase blood flow to the lower extremities so that it can prevent peripheral arterial disease in patients with diabetes mellitus as measured by the Ankle Brachial Index (ABI).* **Objectives;** *This study aims to determine the results of the implementation of the application of Buerger Allen Exercise on the circulation of lower extremities in diabetic foot ulcers patients.* **Method;** *The study design uses a descriptive method with a case study approach. Measurements were made involving 2 respondents with diabetes mellitus with diabetic foot ulcers who were included in the inclusion criteria. Allen buerger exercise is done every 2 days with a range of distance per six hours for 3 weeks with a duration of 17-23 minutes.* **Results;** *The study obtained the results that there was a change in the value of ABI before and after the application of both respondents by 0.13 and 0.10.* **Conclusion;** *There is an effect of buffer allen exercise on decreasing ABI value in diabetic foot ulcers patients.*

Keywords: *Ankle brachial index, burger allen exercise, diabetic foot ulcers*