

**APPLICATION OF LEGS EXERCISE TOWARDS REDUCING BLOOD
GLUCOSE LEVELS IN TYPE II DIABETES MELLITUS PATIENTS**

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ABSTRACT

Background: Diabetes mellitus is a disease that a big problem for health such as heart disease because it is often called the silent killer. The prevalence of Diabetes mellitus in Central Java 2020 is 652,822 people and around 90-95% includes Type 2 Diabetes Mellitus. Diabetic foot exercise plays a very important role in controlling blood glucose levels because during physical exercise insulin strength decreases while insulin sensitivity increases. **Objective :** To determine the results of the application foot exercises on decreasing blood glucose levels in patients with type 2 diabetes mellitus. **Method :** This study used a descriptive research design with a case study research design. **Results :** There is a decrease in blood glucose levels when Mr. P from 154 mg/dl to 141 mg/dl and in Mrs. S from 326 mg/dl to 217 mg/dl. **Conclusion:** The application showed that after doing leg exercises for 3 consecutive days within 15 minutes, there was a decrease in blood glucose levels in both respondents.

Keywords: Diabetes Mellitus, Blood Glucose Level, Diabetes Foot Exercise