

PENERAPAN SENAM KAKI DIABETES TERHADAP SENSITIVITAS KAKI
PADA PENDERITA DIABETES MELITUS DI WILAYAH PUSKESMAS
PUCANGSAWIT

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ABSTRACT

Background: Indonesia is a country with a fairly high incidence rate. Data found that patients with type 2 diabetes mellitus in Indonesia reached 1.5% or around 4.1 million people from the total population, then one of the complications that arise from diabetes mellitus is a decrease in sensitivity in the feet, this phenomenon if left unchecked will become diabetic ulcers. **Objective:** Knowing the sensitivity of the feet before and after the application of diabetic foot exercises. Knowing the difference before and after the application of diabetes mellitus foot exercises on foot sensitivity in patients with diabetes mellitus. **Method:** This type of research is descriptive research. This application was carried out for 7 days with 3 meetings. Respondents used in this study were patients with diabetes mellitus who experienced decreased sensitivity in the feet characterized by frequent tingling and decreased stimulation **Results:** After the application of diabetic foot exercises showed an increase in foot sensitivity in patients with diabetes mellitus. **Conclusion:** The application of this diabetic foot exercise can increase foot sensitivity in patients with diabetes mellitus.

Keywords: Diabetes Mellitus, Diabetic Foot Gymnastics, Foot Sensitivity