

## ABSTRACT

### **The Application of Diabetes Foot Gymnastics to Feet Sensitivity Levels In Ny.S With Type 2 Diabetes Mellitus Disease In Gandekan Jebres Surakarta.**

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**Background:** *Diabetes mellitus is a disease, in which the body of the sufferer can not automatically control the glucose in his blood. Complications often occur in lower limbs called diabetic feet. In these conditions occur kelainanan in blood vessels, and neuropathik neurological abnormalities that can cause diabetes patients decreased sensitivity of the foot, loss of sensation is one of the main factors of risk of diabetic ulcers. Loss of foot sensitivity can be prevented by doing ergonomic exercise.* **Objective:** *to describe the results of implementation of Diabetes Foot Gymnastic Exercise on Foot Sensitivity level on Ny. S in Dusun Gandekan RT 04 RW 01 Gandekan Jebres Surakarta.* **Method:** *The research used case study research with descriptive research design. With 1 person respondents. Measurement of foot sensitivity using medium tool ball, brush, cotton and needle.* **Result:** *The research was done by interview and observation method. The study was conducted 3 times a week with 15 minutes of each application on 30 May, 1 June and 03 June 2017 at Gandekan Jebres Surakarta. Measurement of sensitivity level of the foot performed before and after the application of diabetic foot gymnastics. Results after applying foot exercise leg sensitivity level Ny. S has increased the sensitivity of the foot from 0 to 1.* **Conclusion:** *There is an influence of the application of diabetes foot gymnastics to the level of foot sensitivity in people with type 2 diabetes mellitus.*

**Keywords :** *Diabetic foot exercises, foot sensitivity, diabetes mellitus*