

**APPLICATION OF FOOT GYMNASTICS TO REDUCE
BLOOD GLUCOSE LEVELS IN PATIENTS WITH
TYPE II DIABETES MELLITUS**

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ABSTRACT

Background: *Diabetes mellitus is one of the most prevalent chronic diseases, with cases increasing annually. According to the International Diabetes Federation (IDF), 537 million people currently have diabetes, and this number is projected to rise to 643 million by 2030 and 784 million by 2045. One effective non-pharmacological intervention is foot gymnastics, help improve blood circulation in the legs, control blood sugar levels, and address circulatory disorders and neuropathy in the feet.***Objective:** *Describe the effects of diabetic foot gymnastics on reducing blood glucose levels in type II diabetes mellitus patients in the working area of Gemarang Community Health Center.***Method:** *Case study was conducted with foot exercises performed 3 times over 1 weeks, each session lasting 30 minutes.***Results:** *Random blood glucose levels of Mrs. P (55 years old) decreased from 429 mg/dL to 305 mg/dL, while Mrs. W's (60 years old) levels dropped from 356 mg/dL to 134 mg/dL.***Conclusion:** *Implementation of foot gymnastics, conducted 3 times over 1 weeks for 30 minutes per session, successfully reduced random blood glucose levels in both respondents. Mrs. P (55 years old) (Diabetes-Diabetes category) and Mrs. W (60 years old) (Diabetes-Normal category).*

Keywords: *Diabetes Mellitus, Blood Glucose Levels at Time, Foot Gymnastics.*