

**IMPLEMENTATION OF DIABETIC FOOT EXERCISE TO DECREASED
RISK OF DIABETIC FOOT ULCERS AT MR. Y
IN DISTRICT TEGALHARJO RT 5 RW 3**

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ABSTRACT

The background of this research is a technique for improving blood circulation and to prevent the occurrence of diabetic foot ulcers. The most complications experienced by patients with Diabetes Mellitus are complications in the legs that now called Diabetic foot. In this case analyzer apply therapeutic techniques is Diabetic foot exercise to prevent diabetic foot ulcers. The purpose of this study was to determine the effectiveness of Diabetic exercisers to a decreased risk of foot ulcers in patients with Diabetes Mellitus in Kelurahan Tegalharjo, Kecamatan Jebres, Surakarta. This research was conducted an observational study, the author only apply previous research to get results that can later be used as a comparison by furthe research. In this application, the author only apply to Diabetic foot exercise 3-5 times on a week. To achieve more significant improvements, can be implemented within a period of longer and therapy of diabetic foot exercise more regularly. In this research, the author used a technique Diabetic foot exercise therapy for preventing Diabetic foot ulcers. Diabetic foot exercise therapy proven effective for lowing the risk of Diabetic foot ulcers in patients with Diabetes Mellitus.

Keyword: *therapy of diabetic foot exercise, risk of diabetic foot ulcers*

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1. DIII nursing students keperawatan stikes 'aisyiyah Surakarta
 2. The main coach stikes 'aisyiyah Surakarta
 3. Supervising counselor stikes 'aisyiyah surakarta