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**THE APPLICATION OF FOOT EXERCISES ON BLOOD SUGAR LEVELS
AGAINST PATIENT OF TYPE II DIABETES MELLITUS IN PANDAN
ARANG PUBLIC HOSPITAL BOYOLALI**

ABSTRACT

Foreword: *Diabetes mellitus (DM) is a metabolic disorder due to a decrease in the insulin hormone, this disease can cause uncontrolled blood sugar levels. The prevalence of type II diabetes mellitus based on data from medical records of Pandan Arang public hospital, in 2017 the number reached 230 people. Diabetes mellitus type II can be treated with pharmacological and non-pharmacological therapies, one of non-pharmacological therapy is foot exercises. When doing a foot exercises, energy requirements are increase so that the muscles become more active and there is an increase in the use of glucose.* **Research Purpose:** *To describe the result of implementation of foot exercises on blood sugar against patient of type II diabetes mellitus in Pandan Arang public hospital boyolali.* **Method:** *Descriptive research with a case study design, research instrument using glucose meter and observation sheet. Measurement of blood sugar using glucose meter and then recorded before and after foot exercises.* **Result:** *The measurement of blood sugar before applying foot exercises on Ms.S shows 269 mg/dL and 340 mg/dL on Ms.P, after applying foot exercises, blood sugar levels on Ms.S shows 129 mg/dL and 205 mg/dL on Ms.P.* **Conclusion:** *There is a decrease in blood sugar levels before and after applying foot exercises.*

Keywords : *Type II Diabetes Mellitus, Foot Exercises, Blood Sugar.*