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**THE APPLICATION OF FOOT EXERCISE TO THE INFLUENCE THE
VALUE OF ANKLE BRACHIAL INDEX IN PEOPLE WITH DIABETES
MELLITUS TYPE 2 IN THE WORK AREA OF PUSKESMAS
PURWOSARI SURAKARTA**

ABSTRACT

Background; *Diabetes mellitus (DM) is a chronic metabolic disease with glucose levels in the blood that exceeds normal as a result of the effects of the body's lack of insulin. This Diabetes Mellitus complication is foot blood circulation dysfunction. Disorders of blood circulation on foot can cause impairment of ABI in patients with Diabetes Mellitus type 2. One of complications that occur in patients with Diabetes Mellitus type 2 if not control well it can cause the diabetic foot or ulcer foot. One of the prevention is foot exercise. Foot exercise expected can improve foot blood circulation and value of ABI in patients with DM type 2. Foot blood circulation is measured by non-invasive examination by examining the ankle brachial index (ABI).* **Purpose;** *describe the results of implementation about the application of foot exercise to the value of ABI in patients with DM type 2.* **Research methods;** *this research uses descriptive method with research instrument using observation sheet of ABI value measurement.* **Results;** *There are differences values of ABI before and after foot exercise.* **Conclusion;** *The application of foot exercise can affect to the value ABI in patients DM type 2.*

Key Word: *Foot Exercise, Ankle Brachial Index (ABI), Diabetes Mellitus type 2.*