

**THE APPLICATION OF DIABETIC GYMNASTIC TO DECREASES RISK
OF DIABETIC FOOT ULCUS ON PATIENT WITH DIABETES
MELLITUS TYPE 2 IN THE WORK AREA OF PUSKESMAS
NGORESAN SURAKARTA**

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ABSTRACT

Background; *This research is about the technique to facilitate blood circulation and to prevent the occurrence of diabetic foot ulcers. complication that are often experienced by people with Melitus's diabetes are foot complications that are now called diabetes foot. In this case the author applies a nonfarmakological therapy Technique namely diabetic gymnastics to prevent the occurrence of diabetic foot ulcers.* **Objectives;** *this study aims to determine the reduction in the risk of diabetic foot ulcers by applying diabetic gymnastics in type 2 DM patients in hamlet Cage, Jebres, Surakarta. This research was conducted using descriptive research methods with research instrument using descriptive research methods with research instrumens using blood sugar test kits (glucometer), stethoscope, blood pressure measuring devices(Sphygmomanometer), and Observation sheet.* **Result;** *this study shows that after being given the application of diabetic gymnastic for 3x 1 week there was a decrease in the risk of diabetic foot ulcer in both respondent.* **Conclusion;** *the application of diabetic gymnastic therapy can reduce the risk of diabetic foot ulcers in patients with type 2 diabetes mellitus*

Key word: *diabetic gymnastics, risk of diabetic foot ulcer.*