

Increased Knowledge About Foot Exercises To Reduce Neuropathy In Diabetic
Foot Wounds

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ESSENCE

Background; Diabetes Mellitus is a chronic disease that causes multisystem disorders and is characterized by hyperglycemia caused by insulin deficiency or inadequate insulin action. Activities such as clipping nails can cause the nail to enter and there is injury, if this is not considered it will cause trauma, trauma from nail clipping to the foot with neuropathy is the cause of gangrene. Neuropathy is a change in the structure and function of peripheral nerves or peripheral nerves, both motor, sensory and autonomic, which causes diabetic neuropathy due to degeneration of peripheral or autonomic nerves. Foot gymnastics is an exercise or movements performed by the two legs alternately or simultaneously to strengthen or flex the muscles in the lower leg area, especially in the ankles and toes. This general goal is to increase knowledge about foot exercises to reduce neuropathy in diabetic foot wounds through video media. **Aim;** Videos can be used as a medium for health education to the public, especially for people with diabetes mellitus. **Output Description;** The theme of this video is foot exercises to reduce neuropathy in diabetic foot wounds by using dabbing along with illustrated writing using the Adobe Premiere Pro CC 15 application and using the H6 Zoom Recorder + Batrai Backup voice. **Conclusion;** Diabetic foot wound sufferers can practice leg exercises independently through information obtained from audio-visual media (video).

Keywords; Diabetes Mellitus, Diabetic Foot Wounds, Neuropathy, Foot Exercise.