

THE APPLICATION OF FOOT GYMNASTICS TO REDUCE NEUROPATHY IN DIABETIC FOOT WOUNDS

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SUMMARY

Background: Diabetes is a serious health problem around the world. Diabetes Mellitus (DM) is a degenerative disease, which is influenced by lifestyle and diet. The problem of diabetes mellitus in Indonesia is increasing from year to year. *The World Health Organization* (WHO) predicts an increase in the number of people with diabetes in Indonesia from 8.4 million in 2000 to around 21.3 million in 2030. One prevention is to prevent complications caused by Diabetes Mellitus. Nearly 60% of diabetics experience complications of diabetic neuropathy. How to reduce or prevent this neuropathy is to do leg exercises. Foot exercise is done 3 times a week with a duration of 20-30 minutes. **Method:** the author chose the video media output method, because the video is easy to understand. Foot gym movements are packaged through a combination of sounds, images and gymnastic movements. **Result:** video media can be used with the aim of increasing knowledge, so that people, especially diabetics are able to practice leg exercises properly. **Conclusion:** video media can be used to increase public knowledge in reducing neuropathy in diabetics by using the foot exercise method, so that it can be applied in everyday life

Key words : *Diabetes Mellitus, neuropathy, Gymnastics foot, Media Video*