

**THE PRACTISE OF BUERGER ALLEN EXERCISE TO THE SENSITIVITY
OF LOW ESXTREMISM IN DIABETES MELLITUS VIA VIDEO MEDIA**

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SUMMARY

Back Ground ; *Diabetes mellitus is a metabolic disease characterized with high levels of glucose in the blood (hyperglycemia) because of insulin secretion, insulin or both working disorders. Leg sensitivity is one of the complications of high-insulin diabetes mellitus so that blood circulation in the leg is impaired and causes stimulation in the foot srea to decrease. Buerger Allen Exercise it's a training exercise that gives lower positions to lower extremitas. This movement can increase vascularization of blood vessels in the lower ekstremitas. **Method ;** through the video media used to educate people in communities especially with diabetes mellitus to increase knowledge aboutBuerger Allen Exercise. **Result ;** increase in knowledge and information about Buerger Allen Exercise. **Conclusion ;** video media can provide information to increase public knowledge especially with diabetes mellitus about the Buerger Allen Exercise movement2 to increase sensitivity to lower extremism.*

Keywords ; *Buerger Allen Exercise, foot sensitivity, video media*