

**Back Ground;** Prevalence of Type 2 DM with ulcer diabetikum in Indonesia is increasing, from 4-10%, which led 40-7% of cases with Type 2 DIABETES mellitus with ulcer diabetic undergone amputation with non trauma. The cause of the OCCURRENCE of amputation that is caused by factors ischemia 50-7%, and complications with infection 30-50%. Patients with wounds of diabetic foot approximately 12-15% of all patients with diabetes and is typically located on the lower extremities. The occurrence of wound of diabetic foot in Indonesia around 13% with the presentation of DM patients at the hospital and patients with outpatient 80%. One of the media used in the giving of information is the video, aims to increase knowledge about the gymnastic exercises of the foot for patients with diabetic. **Method;** Outer KIE used in the form of video media that contains the definition of a gymnastics legs, the purpose and the benefits, of the movement in gymnastics legs. **Result;** Outcome achieved is a video of gymnastic exercises of the foot to decrease reikso ulcer diabetic. **Conclusion;** Outputs video "Gymnastics legs to decrease the risk of ulcer wounds" is made to help reduce the risk of wound care for diabetic patients to perform the exercises senma feet properly and add to the knowledge.