

***THE EFFECT OF BALANCE EXERCISE AND NEUROMUSCULAR
TAPPING ON THE SENSIBILITY AND BALANCE OF PATIENTS WITH
DIABETES MELLITUS TYPE II***

Alfyana Salsabila, Dea Linia Romadhoni, S.Fis.,M.K.M

alfyanaBila@gmail.com

University of 'Aisyiyah Surakarta

ABSTRACT

Background: DM is a type of non-communicable disease (PTM) which is a public health problem globally, regionally, nationally and locally. Diabetic neuropathy can cause peripheral sensory disturbances, namely decreased foot sensitivity, foot ulcers, deformities, nontraumatic amputation, gait disturbances, balance disorders which can increase the incidence of falls in DM patients.

Objective : To determine the effect of Balance Exercise and Neuromuscular Taping on the Balance and Sensibility of Type II Diabetic Patients. **Methods:** This study used a Quasy Experimental research design with a Non Equivalent Group Design, which means that the research grouped sample members into the experimental group and the control group was not carried out randomly or randomly. The effectiveness of the treatment was assessed by comparing the post-test and pre-test values. **Results:** The results of the Wilcoxon test based on the Experiment Group with a Balance Exercise + Neuromuscular Tapping value showed a significance value of 0.005 ($p < 0.05$), while the control group with a Drug Consumption value of 0.564 (> 0.05), then H_0 1 was rejected and H_a 1 was accepted so that it could be concluded that there was an influence in the experimental group with the treatment of Balance Exercise and Neuromuscular Taping is more significant than the control group by taking the drug. **Conclusion:** Based on this analysis it can be interpreted that H_a 2 is accepted and H_0 2 is rejected, therefore it can be concluded that there is a difference in effect. Provision of Balance Exercise and NMT with drug consumption on balance and sensibility for DMT 2 sufferers.

Keywords: Diabetes Mellitus, Balance and Sensibility.