

PENERAPAN SENAM KAKI TERHADAP NILAI ANKLE BRACHIAL INDEX (ABI) PADA PENDERITA DIABETES MELLITUS TIPE II DI DESA SEDAYU

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Abstract

Background : Diabetes mellitus is a disorder that can cause vascular disorders. 90% of diabetes cases are type 2 diabetes mellitus with characteristics of vascular disorders that affect the value of the Ankle Brachial Index (ABI). ABI is a simple method to determine the presence of vascular disorders. One way of non-pharmacological treatment is with foot exercises which can improve blood circulation. **Purpose :** To determine changes in Ankle Brachial Index (ABI) values before and after the application of foot exercises. **Methods :** The application of this descriptive research method is a study conducted on 2 respondents to describe an incident of two respondents, namely Mr.M and Mr.J before and after the application of foot exercises. **Results :** Ankle Brachial Index (ABI) values before and after doing leg exercises on Mr.M there was an increase from the moderate category to normal and on Mr.J there was an increase from the mild category to normal. **Conclusion :** This shows that foot exercise can increase the Ankle Brachial Index (ABI) value in both respondents.

Keywords : Diabetes Mellitus, foot exercise, Ankle Brachial Index (ABI).

