

**THE INFLUENCE OF THE APPLICATION OF DIABETIC MELLITUS
FOOT EXERCISES ON SUGAR LEVELS IN ELDERLY WITH TYPE II
DIABETES MELLITUS IN SALATIGA CITY HOSPITAL**

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ABSTRACT

Background: *Diabetes Mellitus is one of the endocrine diseases which is currently being suffered by many people in the world. The disease occurs when the pancreas does not produce enough insulin (a hormone that regulates blood sugar). Of the total cases of Diabetes Mellitus, 90% are type II diabetes mellitus with characteristics of impaired insulin sensitivity and/or impaired insulin secretion. Older people tend to experience health problems caused by decreased body function due to the aging process. non-pharmacological treatments such as routine metabolic control, vascular control, evaluation of ulcers, foot care and other exercise measures such as foot exercises*
Aim: *to reduce blood sugar levels*
Method: *Descriptive study using a case study design.*
Results: *There was a decrease in blood sugar levels after diabetes mellitus foot exercise.*
Conclusion: *There are differences in the development of decreased blood glucose levels in patients with diabetes mellitus before and after the application of diabetes mellitus foot exercises*

Keywords: *DM, elderly, diabetic foot exercise*