

**APPLICATION OF DIABETIC FOOT EXERCISE TECHNIQUES TO REDUCE BLOOD SUGAR LEVELS IN TYPE II DIABETES MELLITUS PATIENTS IN RT 6 RW 5 JOYOTAKAN SERENGAN AREA**

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**ABSTRACT**

**Background:** Diabetes Mellitus as a global problem, one of which is in Indonesia as the country with the most people with diabetes mellitus in the world, with cases of type 2 diabetes mellitus that have been diagnosed in 2018, the largest number of patients are in the age category of 55 to 64 years which is 6.3% and 65 to 74 years old which is 6.03% is estimated to increase to around 21.3% by 2030 **Objective:** aims to find out the results of the implementation in the 2 respondents in the administration of diabetic foot exercises in patients with type 2 diabetes mellitus. **Method:** The design of the descriptive research with a case study approach was carried out on 2 respondents. **Results:** before the application of diabetic foot exercises was carried out at high risk of hyperglycemia, after the administration of diabetic foot exercises once a day with a duration of 30 minutes was carried out within 3 days. Blood sugar level measurement was carried out before and after diabetic foot exercises every 1 day for 3 days, both respondents had a decrease in blood sugar levels. **Conclusion:** There is a decrease in blood sugar levels after implementing diabetic foot exercises.

**Keywords:** diabetic foot gymnastics, Diabetes Mellitus, Elderly.