

IMPLEMENTATION OF WARM FOOT MASSAGE AND WARM WATER MIXTURE OF MIXTURE OF TREATMENT ON PREGNANT TRIMESTER III FEET EDEMA IN YULIANTI JENALAS GEMOLONG SRAGEN

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ABSTRATC

Background: Foot edema or swelling of the feet is found in about 80% of third trimester pregnant women. Kencur is often used as a traditional medicine, one of which is efficacious as a swollen compressing drug. **Objective:** Describe the results of the application of foot massage and soak warm water of the kencur mixture to third trimester pregnant women at BPM Yulianti Jenalas Gemolong Sragen. **Research Methods:** Case study research with description design. The subjects used were 2 trimester III pregnant women, who had foot edema and massaged every day 1 time (afternoon) for 5 days and the researcher took data after being given an intervention. **Results:** Before the massage and soaking of warm water from the respondent's kencur mixture had foot edema after a foot massage and soaked warm water, the respondent's kencur mixture had decreased leg edema. **Conclusion:** There was a decrease in foot edema in both respondents after the application of foot massage and soaking in warm water of the kencur mixture.

Keywords: *Pregnancy, Edema, Massage, Kencur.*