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**APPLICATION OF DIABETIC FOOT GYMNASTICS TO
IMPROVE FOOT BLOOD CIRCULATION ON Ny.L
WITH DIABETES MELLITUS TYPE 2
IN RT 01 RW XII KELURAHAN
JOYOSURAN**

ABSTRAK

Background: Diabetes Mellitus is a chronic condition that symptoms with increased concentration of glucose accompanied by the main that is urine that taste sweet in large amount of diabetes. The blood circulation of the foot is the blood flow of the heart to the whole body one of the foot that is influenced by three factors that is blood concentration, the length of blood and blood diameter Diabetes Mellitus is one of the factors that influence blood flow pressure due to the viscosity factor due to the buildup of blood sugar. Improving foot blood circulation is the diabetic foot gymnastics. Diabetic foot blood gymnastics is an activity or exercise performed by a diabetic patient to prevent injuries and help dilate the blood circulation of the foot. Foot exercises can help improve blood circulation and strengthen the small muscles of the leg and prevent foot formation. **The purpose of the study:** to find ineffectiveness legs diabetes to increase foot blood circulation. **Method:** This scientific writing uses descriptive observational method with case study approach. **Result:** from the exercise of diabetic leg blood circulation foot regularly there is an increase of the foot blood circulation from the original 0,81 to 1,08. **Conclusion:** from the result of this study showed that the diabetic foot gymnastics can improve foot blood circulation.

Keyword: Diabetes Mellitus, Foot circulation, Diabetic foot gymnastics