PENERAPAN *DIABETIC FOOT EXERCISE* UNTUK MENINGKATKAN FUNGSI SENSORIK PERIFER PADA PENDERITA DIABETES MELITUS

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SUMMARY

Background: Diabetes Mellitus (DM) is a chronic metabolic disease characterized by hyperglycemia. One of the most common complications is diabetic neuropathy which damages peripheral nerves, thereby reducing sensory function in the feet and increasing the risk of wounds to amputation. **Objective:** To produce educational media in the form of a video about the application of Diabetic Foot Exercise to improve peripheral sensory function in DM sufferers. **Method**: This project uses the Information and Education Communication (IEC) media development design. The production stages include pre-production (idea exploration and script preparation), production (shooting), and post-production (editing using the Capcut application and respondent trials). **Results:** The resulting output is a 7-minute 58-second educational video that explains the meaning, benefits, and steps of Diabetic Foot Exercise. Trials on three respondents with DM showed that the video content is easy to understand and has a good design. **Conclusion**: The video media "Application of Diabetic Foot Exercise to Improve Peripheral Sensory Function in Diabetes Mellitus Patients" has been successfully created and can be used as an educational reference for DM sufferers and students. physiotherapy in an effort to prevent diabetic foot complications.

Keywords: Diabetes Mellitus, Diabetic Foot Exercise, Peripheral Sensory Function, Educational Video.