THE EFFECT OF THE COMBINATION OF BUERGER ALLEN EXERCISE AND AUDIOVISUAL FOOT EXERCISE ON LOWER EXTREMITY FUNCTIONAL ACTIVITY IN ELDERLY WITH NEUROPATHIC DIABETES MELLITUS

Feliza Tri Hapsari[1], Alinda Nur Ramadhani[2]

hapsarifeliza@gmail.com

[1.2]Universitas 'Aisyiyah Surakarta

ABSTRACT

Background: *Neuropathic diabetes mellitus in the elderly can impair lower extremity function, increasing activity limitations and fall risk. The combination of Buerger Allen exercise and audiovisual foot exercise is expected to improve blood perfusion, motor coordination, and lower extremity functional activity in the elderly with neuropathic diabetes mellitus.* ***Objective:*** *To analyze the effect of Buerger Allen exercise and audiovisual foot exercise on improving lower extremity functional activity in elderly with neuropathic diabetes mellitus.* ***Method:*** *This study used a quasi-experimental one-group pre-test and post-test design. Lower extremity functional activity was measured using LEFS before and after the intervention. Intervention was administered three times weekly for four weeks.* ***Results:*** *A total of 35 elderly subjects with neuropathic diabetes mellitus aged 60-80 with decreased lower extremity functional ability. The results of the Wilcoxon test obtained a p value = 0.008 (p <0.05), which indicates the effect of the combination of Buerger Allen Exercise and Audiovisual Foot Exercise on improving lower extremity functional activity in elderly with neuropathic diabetes mellitus.* ***Conclusion:*** *The combination of Buerger Allen Exercise and Audiovisual Foot Exercise can improve lower extremity functional activity in elderly with neuropathic diabetes mellitus at Banyudono 1 Community Health Center, Boyolali.*

Keyword: *Buerger allen exercise, foot exercise, elderly, functional activity, diabetic neuropathy.*