

**LITERATURE REVIEW**  
**SENAM KAKI MEMPENGARUHI SENSITIVITAS KAKI PADA**  
**PENYANDANG DIABETES MELITUS TIPE 2**

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**ABSTRAK**

**Latar Belakang:** Penyandang diabetes melitus tiap tahunnya meningkat. Komplikasi pada penyandang diabetes melitus tipe 2 yang sering terjadi yaitu neuropati. Tatalaksana yang dianjurkan oleh *American Diabetes Association* (ADA) adalah senam kaki. Senam kaki meningkatkan sirkulasi, meningkatkan sensitivitas kaki dan menurunkan risiko atau mencegah terjadinya ulkus kaki diabetik.

**Tujuan:** Untuk mengetahui senam kaki mempengaruhi sensitivitas kaki pada penyandang diabetes melitus tipe 2.

**Metode:** Pencarian literatur menggunakan Portal Garuda, Google Scholar, *Science Direct*, dan *PubMed* untuk menemukan literatur sesuai kriteria inklusi dan eksklusi kemudian dilakukan review.

**Hasil:** Berdasarkan hasil analisis 14 jurnal didapatkan bahwa senam kaki menggunakan media koran dan spons lebih efektif untuk meningkatkan sensitivitas kaki pada penyandang diabetes melitus tipe 2. Skor sensitivitas kaki sebelum dilakukan senam kaki relative rendah, sedangkan setelah dilakukan senam kaki relative lebih tinggi.

**Kesimpulan:** Mayoritas hasil penelitian pada masing-masing jurnal menyatakan bahwa ada pengaruh yang signifikan senam kaki terhadap sensitivitas kaki pada penyandang diabetes melitus tipe 2. Senam kaki sebaiknya dilakukan selama 15-45 menit minimal 5 hari dalam seminggu.

Kata Kunci: Senam Kaki, Sensitivitas Kaki, Diabetes Melitus Tipe 2.

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**LITERATURE REVIEW**  
**FOOT GYMNASTICS AFFECTS THE SENSITIVITY OF THE FEET IN**  
**PEOPLE WITH DIABETES MELLITUS TYPE 2**

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**ABSTRACT**

**Introduction:** People with diabetes mellitus are increasing every year. The most common complication in people with type 2 diabetes mellitus is neuropathy. The treatment recommended by the American Diabetes Association (ADA) is foot exercises. Foot exercise improves circulation, increases foot sensitivity and lowers the risk of or prevents diabetic foot ulcers from developing.

**Purpose:** To find out that foot exercise affects the sensitivity of the feet in people with type 2 diabetes mellitus.

**Methods:** Literature search using Garuda Portal, Google Scholar, Science Direct, and PubMed to find literature according to inclusion and exclusion criteria and then conducted a review.

**Results:** Based on the results of the analysis of 14 journals, it was found that foot exercise using newspaper and sponge media was more effective in increasing the sensitivity of the feet in people with type 2 diabetes mellitus. The sensitivity score of the feet before doing foot exercises was relatively low, while after doing foot exercises was relatively higher.

**Conclusion:** The majority of research results in each journal state that there is a significant effect of foot exercise on foot sensitivity in people with type 2 diabetes mellitus. Foot exercise should be done for 15-45 minutes at least 5 days a week.

Keywords: Foot Exercise, Foot Sensitivity, Type 2 Diabetes Mellitus.

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