

EFFECTIVENESS OF BUERGER ALLEN EXERCISE ON THE LOWER EXTREMITY PERFUSION AMONG TYPE 2 DIABETES MELLITUS PATIENTS

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ABSTRACT

The present study was conducted to assess the effectiveness of Buerger Allen exercise on the lower extremity perfusion among Type 2 diabetes mellitus patients attending outpatient department at Department Of Atomic Energy hospital, at Kalpakkam.

Objectives: *The objective was to assess the pre test level of lower extremity perfusion among Type 2 diabetes mellitus patients in experimental and control group.*

Methods: *The research approach adopted in this study is Quantitative evaluative Research and the research design adopted for the present study is quasi experimental design.*

Results: *The analysis depicted that in the experimental group, 76.7 % of the Type 2 Diabetes Mellitus patient's were having ABI for lower extremity values between the range 1.0-1.4, 23.3 % of the Type 2 Diabetes Mellitus were having values between the range 0.9to 0.99.*

KEYWORDS: *Buerger Allen Exercise, the Lower Extremity Perfusion and Type 2 Diabetes Mellitus*

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