







The BAE is effective in improving lower extremities perfusion and minimizing the pain in lower extremities for type 2 DM patients. It enhances blood supply to the extremities and triggers the formation of new vascular structures, aiding in the wound-healing process.<sup>27</sup> Patients with DM who have diabetic foot ulcers are at risk of foot amputation. Those with peripheral circulatory insufficiency, defined by an ankle-brachial index of less than 0.9 or a Michigan Neuropathy Screening Index of more than 2, can benefit from diabetes treatments that include foot exercises, such as the BAE.<sup>28</sup> This research is supported by previous studies that found BAE has a positive impact on circulation, strengthens footwork, decreases necrosis, prevents embolism, minimizes pain, and reduces cyanosis in blood vessels. The study's limitations include a lack of control for other variables that can affect lower extremity circulation, such as a history of hypertension, smoking, and dietary patterns in type 2 DM patients.

## Conclusions

BAE can improve lower limb circulation in patients with type 2 DM. These exercises do not require expensive equipment and can be done at home. For future researchers, we recommend conducting research with a larger sample size and exploring additional parameters and characteristics that have not been previously studied concerning the symptoms of patients with type 2 DM. Additionally, comparing BAE with other physical exercises in improving lower extremity circulation in patients with type 2 DM would be valuable.

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