

**STRETCHING TO THE PAIN OF KNEE JOINT OF ELDERLY IN
SALAMAN JATIKUWUNG JATIPURO KARANGANYAR**

Erlin Yesinta, Siti Fatmawati, Erika Dewi Noorratri

Yesintaerlin98@gmail.com

Program Studi Keperawatan STIKES 'Aisyiyah Surakarta

Beckground: *Elderly is one of the periods in the human life span which mean considered as a phase of anatomical, physiological, and biochemical deterioration in the body. Physiological alteration that occur in the elderly can about the musculoskeletal system, namely joint pain in the eksternitas, especially the lower exterminate. One of non-pharmacological therapy which can reduce muscle pain in the elderly is stretching. Stretching is an exercise that carried out to synovial fluid and flexibility of muscles and joint. Aims:* Describe the result of implementation of stretching on knee joint pain in the elderly. **Method:** *Descriptive which mean measurement before and after stretching toward to alteration in the scale if knee joint pain in the elderly. Results:* There was a decrease in the scale of knee joint paint in one of the respondents after stretching for 15 minutes a 5 day on 3 times. **Conclusion:** *Stretching can reduce scale of knee joint pain in the eldery.*

Keyword: *Eldery, Stretching, Knee Joint Paint*