

**APPLICATION OF ASTHMA GYMNASTIC TO INCREASE PEAK  
EXPIRATORY FLOW IN PATIENTS WITH BRONCHIAL ASTHMA IN  
THE VILLAGE OF TAWANGSARI TERAS BOYOLALI**

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**ABSTRACT**

**Background;** The author chose the application of asthma gymnastic to increase Peak Expiratory Flow because it can to increased respiratory muschle strength and accelerate blood circulation. **The Purpose;** To describe the application of asthma gymnastic to increase Peak Expiratory Flow in patients with bronchial asthma. **Method;** The type of research used is descriptive methodology with a case study design that illustrates the increase in Peak Expiratory Flow in patients with bronchial asthma in the village of Tawang Sari Teras Boyolali. **Result;** There is an increase in Peak Expiratory Flow in Mrs. A and Mrs. P there are expiratory peak currents 360 and 340 being 390 and 355. **Conclusion;** There was an increase in Peak Expiratory Flow after being given the application of asthma gymnastic for 1x1 weeks of 6 weeks in the village Tawang Sari Teras Boyolali.

**Keywords;** *asthma, asthma gymnastic, Peak Ekspiratory Flow*