

ABSTRACT

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UPAYA MENJAGA KESEHATAN SENDI LUTUT PADA LANSIA DENGAN AKTIVITAS FISIK (<i>STRETCHING</i>)	
<i>ABSTRACT</i>	
<p><i>Background:</i> <i>Elderly is someone who has reached the age of 60 years and over. According to WHO, the elderly population in Southeast Asia is 8% or around 142 million people knee pain is a condition where pain occurs in the knee. Joint pain is an unpleasant sensory experience of pain and emotion where there is actual or potential unpleasant tissue damage in a person who is localized to a certain body part or is often referred to as being destructive. Stretching is a form of stretching or stretching the muscle in each limb so that in very sport there is readiness and to reduce injuries that are very prone to occur.</i></p>	
Kata Kunci: <i>Elderly, Joint Paint, Stretching.</i>	