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## ***THERABAND EXERCISES FOR THE BALANCE OF THE ELDERLY***

### ***SUMMARY***

***Background:*** Globally the percentage of increase in the elderly group is quite rapid compared to other age groups since 2013, namely 13.4% in the world and 8.9% in Indonesia until 2050, increasing to 25.3% in the world and 21.4% in the world. Indonesia. The elderly are a population group over 60 years of age who are experiencing an aging process and need to adapt to various changes in function and environmental stress due to decreased bodily abilities, especially those affecting balance control. The way to improve balance is by doing exercises. One of the exercises that can be done is strengthening exercises using elastic resistance in the lower extremities which can improve balance. Communication, information, education (CIE) can be an alternative media for physiotherapists to become the basis for interventions and become a means of education for the elderly. ***Objective:*** Increase knowledge and insight about theraband sports for the balance of the elderly. ***Method:*** The method used is using IEC media, namely a booklet with a 4D development model (Define, Design, Develop, and Disseminate). ***Result:*** This CIE media booklet will be distributed to physiotherapists and the elderly as a guide or means of information about the balance of the elderly. ***Conclusion:*** As a medium of education for the elderly along with information to physiotherapists and the elderly about theraband exercise to overcome the balance of the elderly.

***Keywords:*** Theraband Exercise, Elderly Balance