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SINGLE LEG STANCE EXERCISE TO KEEP ELDERLY DYNAMIC BALANCE ESSENCE

SUMMARY

Background: *The percentage of elderly people in Indonesia has increased about 2 times (1971-2019), reaching 9,6% or 25% million people, where female elderly is about 1% more than male elderly (10.10% vs 9,19%). As people age, there are many changes that occur in the elderly at this time, a person experiences a gradual physical, mental and social deterioration which causes problems, reduced muscle strength and poor balance as risk factors in the elderly. Dynamic balance is the ability to maintain a balanced state in a state of motion, for example running, and walking. One of the exercises to improve dynamic balance in the form of Single Leg Stance Exercise is a standing balance exercise using one leg with simple work to train motor sensory that controls postural stability by reducing area based on support.* **Purpose:** *To create a physiotherapy promotional media containing Single Leg Stance Exercise to maintain dynamic balance in the elderly and reduce the risk of falling in the form of poster.* **Methods:** *The method uses the IEC program in the form of posters as a tool to provide information and understanding to the community, especially the elderly who have a balance disorder to reduce the risk of falls in the elderly with Single Leg Stance Exercise.* **Results:** *Poster of IEC media will be distributed to the elderly and elderly Posyandu cadres as new ones that can be applied by the elderly in doing exercises.* **Conclusion:** *As a media education and information for the elderly and elderly Posyandu cadres in carrying out balance exercise to maintain the dynamic balance of the elderly.*

Keyword: *Dynamic Balance, Single Leg Stance Exercise, Elderly, Posters*