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CLOSED KINETIC CHAIN EXERCISE THERAPY TO REDUCE KNEE OSTEOARTHRITIS PAIN

SUMMARY

Background: According to the American College Rheumatology, osteoarthritis is a heterogeneous group of conditions that lead to joint signs and symptoms. Osteoarthritis is a progressive and degenerative disease that affects two-thirds of people over 65 years of age. The prevalence of knee osteoarthritis at <40 years of age reaches 5% at 40 to 50 years of age reaching 30% and 65% at age > 51 years. Estimates worldwide show that 9.6% of men and 18% of women over 60 years have symptoms of knee osteoarthritis. Physiotherapy has an important role in handling complaints of pain caused by knee osteoarthritis, namely closed kinetic chain. Close Kinetic Chain is a closed chain link where motion jointed simultaneously produces movement at the other junction of the limb. ***Purpose:*** as a promotional medium for closed kinetic chain exercise therapy to reduce knee osteoarthritis pain. ***Method:*** the method used is using IEC media, namely booklets as a tool for media promotion and information to the public. ***Result:*** The KIE booklet media will be disseminated by posyandu and the general public. ***Conclusion:*** The output of IEC products is in the form of booklets as a media for promotion, information and education to the general public, especially those with knee osteoarthritis.

Keywords: Osteoarthritis, VDS (Verbal Discriptive Scale), Close Kinetic Chain