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## ***FOUR SQUARE STEP EXERCISE FOR DYNAMIC BALANCE IN ELDERLY***

### ***SUMMARY***

***Background:*** Elderly is a life process characterized by decreased physiological function of the body, especially those affecting balance control. Poor balance control in the elderly can increase the risk of falling in the elderly. Increased risk of falling due to balance disorders related to dynamic balance. To improve dynamic balance in the elderly requires exercise. There is a way to improve the dynamic balance of the elderly with four square step exercises. This exercise aims to improve balance by increasing the vestibular system, training muscles, training joints and training the visual system. ***Objective:*** Providing information to physiotherapy practitioners and the elderly about dynamic balance and four square exercises. ***Method:*** The method used is using KIE media, namely booklets as a tool for information and knowledge as well as a media for health promotion for the elderly regarding dynamic balance and four square step exercise. ***Result:*** This booklet KIE media will be disseminated to physiotherapy practitioners and the elderly through the elderly posyandu as a practical guideline and easily understood by the target audience. ***Conclusion:*** As a medium of education and information for physiotherapy practitioners and the elderly and as an alternative guide for physiotherapy interventions in handling dynamic balance in the elderly.

***Keywords:*** Four square step exercise, Elderly, Balance dynamic, Booklet