

**RHEUMATIC EXERCISES TO REDUCE RHEUMATIC PAIN IN THE
ELDERLY USING VIDEO MEDIA**

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SUMMARY

Background : Elderly is someone who has entered the age of 60 years and over. Seven categories of diseases that are mostly reported to occur in the elderly are arthritis, hypertension, hearing loss, heart defects, chronic sinusitis, decreased vision, and disorders of the bones. Arthritis is a cause of joint pain. Joint pain can be felt in the joints and surrounding areas due to inflammatory processes or occurs idiopathically. In 2018 the incidence of rheumatic disease reached 24,7%. To maintain the functional status of the elderly, curative measures can be taken in the form of physical exercises to improve fitness. One physical exercise that is simple and easy to do is rheumatism. **Method** : The author chose to use video media because in the video there are movements that are easy to understand. **Result** : The output is in the form of rheumatic exercise videos to reduce rheumatic pain in the elderly as an effort to gain insight and how to do rheumatic exercise so that it can be applied independently. **Conclusion** : Video media can provide information about rheumatic exercise to reduce rheumatic pain in the elderly.

Keywords : Elderly, Rheumatism, Gymnastics