

**RANGE OF MOTION (ROM) ACTIVE ON EFFORTS TO INCREASE MUSCLE  
STRENGTH IN STROKE PATIENTS THROUGH BOOKLET MEDIA**

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**SUMMARY**

**Background:** Stroke is a condition that occurs when the blood supply to a part of the brain is suddenly interrupted, because some brain cells die as a result of disruption of blood flow, which causes blockage or rupture of brain blood vessels. The prevalence of stroke cases in Central Java is 2,860. Range Of Motion (ROM) is an exercise that allows muscle contraction and movement, where the patient moves each of his joints according to normal movements, both actively and passively. To overcome muscle stiffness, active range of motion (ROM) exercises are given. The goal of Range Of Motion (ROM) is to increase the patient's muscle strength and not experience muscle tightness. Lack of patient knowledge about Range of Motion (ROM) requires media to be used as a means of health education. One of them is the Booklet. **Methods:** The importance of doing ROM exercises can increase the patient's muscle strength as long as it is done with the right technique and is done programmatically at least twice / day in the morning and evening on a time scale of 15-35 minutes for 4 weeks. **Result:** one of the media that can be used in providing information is booklet media. Booklets can be used with the aim of increasing knowledge, because booklets provide more specific information. **Conclusion:** Booklet media can provide information to increase knowledge about range of motion exercises for stroke sufferers.

**Keywords:** Stroke, Range Of Motion, Booklet