

**THE EDUCATION OF ERGONOMIC GYMNASTICS
TO REDUCE URIC ACID ON ELDERLY
USING VIDEO**

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SUMMARY

Background: *There are 25.66 million elderlies in Indonesia. As many as 56.394 elderlies are at the risk of uric acid. The impact joint can form needlelike crystals causing severe pain inflammation and swelling. Ergonomic gymnastics could be used as a non-pharmacological alternative treatment to help reduce uric acid. Studies have found that ergonomic gymnastics can reduce the highest level of uric acid from 12.3% to 6.4% on one out of sixteen respondents there is an effect on reducing uric acid levels.* **Method:** *The operation of video media entitled "Tips to Lower Uric Acid with Ergonomic Gymnastics" was chosen as communication media in providing health information for elderly.* **Result:** *The output was a video as educational media for elderly as an effort to reduce the uric acid level by practicing ergonomic gymnastics.* **Conclusion:** *Video entitled "Tips to Lower Uric Acid with Ergonomic Gymnastics" was made to improve the knowledge and motivation of elderlies' suffering from uric acid to help them practice ergonomic gymnastics.*

Keyword: *Elderly, Uric Acid, Ergonomic Gymnastics*