

SUMMARY

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MIRROR THERAPY FOR EXTREMITY TRAINING IN STROKE PATIENTS WITH BOOKLET MEDIA

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 due to blocked blood flow or rupture of blood vessels in the brain, so that part of the brain cannot function properly. Symptoms in stroke sufferers include headaches, blurred vision, loss of balance, thick or tingling sensations on the sides of the body, and experiencing some or all of the symptoms of a temporary stroke. Handling strokes using mirror therapy is useful for illuminating the mind as if it were a moving hand. **Objective:** Increase knowledge and provide information to the public about mirror therapy to train the extremities in stroke patients using booklet media. **Methods:** The method used is using IEC media in the form of booklets as promotional media which contains the meaning of mirror therapy, implementation time, benefits of therapy, steps of mirror therapy, and mirror therapy of stroke. **Result:** The IEC print media in the form of booklets can be given to the general public to increase knowledge and insight. **Conclusion:** As a media for promotion of education and information to the public, especially for ischemic stroke sufferers.

Key words: stroke, mirror therapy, extremities, booklet.