

**RHEUMATOID PHYSICAL EXERCISES on JOINT
PAIN of ELDERLY SUFFERING RHEUMATOID
THROUGH VIDEO MEDIA**

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SUMMARY

Background: Rheumatism is a chronic autoimmune disorder in which the immune system attacks the joints, leading to inflammation, erosion, and deformities. As you get older, the person will be susceptible to disease, especially in the elderly. Data from the World Health Organization (WHO) in 2018 the reported incidence of rheumatism reached 20% of the world's population, of which 20% were those aged 55 years and over. Meanwhile, reports on the number of rheumatoid sufferers in Indonesia reached 24.7%. For this reason, management is needed to overcome joint pain in elderly people with rheumatism in a non-pharmacological way, namely rheumatic exercise. **Method :** With the media video entitled "Rheumatism Gymnastics To Overcome Joint Pain". **Result:** The outcome produces was a video media about the management of rheumatic exercise to treat joint pain in elderly people with rheumatism. Explaining gymnastics rheumatism, benefits and steps exercisers rheumatism. **Conclusion:** Rheumatic exercises can be used to treat joint pain in elderly people with rheumatism and the resulting outcome is easy to understand and do by elderly people with rheumatism.

Keywords: Rheumatism, elderly, joint pain, rheumatic exercise, video