

THE EFFECTIVENESS OF KINESIOTAPING AND HYDROTHERAPY IN INCREASING THE QUALITY OF LIFE OF THE ELDERLY WITH OSTEOARTHRITIS

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SUMMERY

The number of elderly people in Indonesia continues to increase every year. The high rate of increase in the elderly is a concern for all people, because the elderly tend to be vulnerable to various kinds of diseases. Osteoarthritis is the most common disease in the world with a prevalence of 15.5% in men and 12.7% in women in Central Java. The aging process makes it difficult for the elderly to carry out Activity Daily Life (ADL) independently (needs help from others) and becomes dependent on others, thus affecting their quality of life. To overcome the problem of decreasing the quality of life of the elderly with osteoarthritis, among others, by providing kinesio taping and hydrotherapy exercises. Kinesio taping is a thin, cotton, breathable fabric with a medicated, latex-free, heat-activated acrylic adhesive. Kinesio taping can be administered and combined with conventional exercises. Hydrotherapy practice is the use of external or internal water in any form (water, ice, steam) for the promotion of health or the treatment of various ailments with varying temperatures, pressures, durations and locations.

Keywords: *kinesio taping, hydrotherapy, osteoarthritis, quality of life*