

TAI CHI GYMNASTICS IS TO REDUCE OSTEOARTHRITIS PAIN GENU IN THE ELDERLY

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SUMMARY

Background : Elderly usually have osteoarthritis genu where the ligaments in the genu joint experience thinning by age. The ligaments that thin over time will run out, so between the bones there is friction which causes pain in the genu joint area. Pain that occurs in the genu joint causes unevenness and loss of joint cartilage, joint swelling, muscle weakness around the joint and muscle wasting. Complaints due to pain in genu osteoarthritis can be overcome by doing tai chi exercises, **Purpose :** to determine the procedure for managing tai chi gymnastics to reduce genu osteoarthritis pain in the elderly. **Methods :** The method was used by KIE media is namely booklets as a promotional media for elderly physiotherapy in dealing with pain in osteoarthritis genu. **Result :** This booklet will be distributed to the public, especially the elderly, as a reference for treating genu osteoarthritis pain. **Conclusion :** booklet media as a promotional media for physiotherapy and as a reference media for the community, especially the elderly who experience pain in genu osteoarthritis.

Keywords : elderly, osteoarthritis genu, tai chi exercise, booklet