

The Benefits Of Giving Strengthening And Stretching To Reduce Pain In Rheumatoid Arthritis Of The Hand

Ali Anjono, Rini Windarti
Imalli026@gmail.com
Universitas 'Aisyiyah Surakarta

SUMMARY

Background : Rheumatoid arthritis (RA) is an autoimmune disease whose etiology is unknown and is characterized by symmetrical erosive synovitis and in some cases with extra-articular tissue involvement. There are three types of rheumatoid arthritis, namely monocyclic, polycyclic and progressive. The 2016 World Health Organization (WHO) estimates that 335 million worldwide have rheumatoid arthritis. The number of rheumatoid arthritis sufferers throughout Indonesia reaches 7.30%. Handling non-pharmacological methods can be given stretching and strengthening which aims to increase blood flow, and strengthen hand muscles. Strengthening exercise aims to improve joint function, increase joint strength, protect joints from damage by reducing stress on joints. Giving muscle strengthening exercises to patients who experience muscle weakness, with repeated exercise can cause stimulation that increases chemical, neuromuscular and muscle activity, thereby increasing contraction of certain muscle groups. **Purpose:** To know the manufacture of Information and Education Communication (IEC) media regarding the benefits of strengthening and stretching to reduce rheumatoid arthritis pain in the hands. **Methods:** the method used is IEC media, namely booklets as a tool for media promotion and information to the public. **Result:** The IEC booklet media will be disseminated by posyandu and the general public. **Conclusion:** IEC's output product is in the form of booklets as a medium for promoting communication, information and education for the general public, especially rheumatoid arthritis sufferers and physiotherapy health workers in reducing pain in rheumatoid arthritis using stretching and strengthening.

Keywords: rheumatoid arthritis, stretching and strengthening, rheumatoid arthritis pain, booklet