

# ***ERGONOMIC GYMNASTICS AGAINST LOWERING BLOOD PRESSURE IN THE ELDERLY***

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## ***SUMMARY***

***Background:*** Elderly is someone who has reached the age of 60 years or more. As the elderly get older they experience a decrease in muscle strength, tissue, nervous system and decreased elasticity of blood vessels. Chronic disturbance of increasing blood pressure which results in obstructed supply of oxygen and nutrients by the blood. Ergonomic exercise therapy can trigger the elasticity of blood vessels, so that blood pressure can drop. ***Purpose:*** Making Information and Education Communication (IEC) media regarding ergonomic exercise as a promotional medium for physiotherapy in reducing blood pressure in the elderly. ***Methods:*** The method used is using IEC media, namely booklets that are produced as an implementation of health promotion that can be used as a reference by physiotherapy and physiotherapy students. ***Result:*** The printed media of IEC in the form of booklets can be distributed directly to the elderly or elderly posyandu cadres and the general public. ***Conclusion:*** As a medium of communication, information and education (IEC) for the general public, especially the elderly, related to ergonomic exercise to reduce blood pressure in the elderly.

*Keywords:* Ergonomic Gymnastics, Hypertension, Elderly.