

MANFAAT NERVE AND TENDON GLIDING EXERCISE UNTUK MENGURANGI NYERI CARPAL TUNNEL SYNDROME (CTS) PADA LANSIA

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SUMMARY

Background: Elderly (elderly) is an advanced stage that is passed in the life process of every human being which is marked by a decrease in the ability and function of the body both physically and psychologically. Usually, in carrying out various activities, they often use their hands for a long time, so that the elderly often use their hands. Complaining of pain in the hand and wrist area *Carpal Tunnel Syndrome* (CTS) is a collection of symptoms such as numbness, tingling, and numbness of the wrist that result from persistent compression of the median nerve as it passes through the carpal tunnel at the wrist. Therapy that can be given to reduce *Carpal Tunnel Syndrome* (CTS) pain in the elderly is the *Nerve And Tendon Gliding Exercise*, which is a joint and tendon mobilization exercise program that can be applied by making several movements on the hands and wrists. **Purpose:** to determine the making of Information and Education Communication(IEC) media regarding *Nerve And Tendon Gliding Exercise* as a promotive medium for physiotherapy in overcoming *Carpal Tunnel Syndrome* (CTS) in the elderly. **Methods:** the method used is using IEC media, namely *booklets* which are produced as an implementation of health promotion that can be used as a reference by physiotherapists and physiotherapy students. **Result:** The IEC print media in the form of *booklets* can be distributed directly to the elderly and the general public. **Conclusion:** as a promotional media, information and education for the community, especially the elderly, regarding the benefits of the *Nerve And Tendon Gliding Exercise* to reduce *Carpal Tunnel Syndrome* (CTS) pain in the elderly.

Keywords: *Nerve And Tendon Gliding Exercise, Carpal Tunnel Syndrome (CTS)*