

***SELF-MASSAGE TO REDUCE OSTEOARTHRITIS KNEE PAIN IN  
ELDERLY***

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***SUMMARY***

***Background:*** *Elderly is not a disease, but is an advanced stage of a life process characterized by a decrease in the body's ability to adapt to environmental stress. Knee osteoarthritis is one of the most common musculoskeletal diseases and one of the causes of osteoarthritis is a degenerative factor. Someone who has osteoarthritis generally complains of pain. Osteoarthritis pain in the elderly can be relieved by using self-massage. Self-massage is an active technique in which the patient uses various instruments to apply pressure to the soft tissue in an attempt to imitate manual therapeutic techniques.* ***Purpose:*** *to independently reduce osteoarthritis pain in the elderly.* ***Methods:*** *using IEC (communication, information, and education), namely booklets, to increase knowledge and as an educational tool to deal with pain independently.* ***Result:*** *IEC media (communication, education and information) This booklet was disseminated as a promotive, preventive, informative and also educational medium.* ***Conclusion:*** *This booklet serves as an invitation media to the public to deal with osteoarthritis pain independently. In addition, this media is an educational and informative tool for the public.*

***Keywords:*** *Elderly, Osteoarthritis, Self-massage, Booklet*

