

***THE IMPORTANCE OF STRETCHING EXERCISES FOR  
ELDERLY OFFICE WORKERS TO REDUCE MUSCLE SPASM  
AND SORENESS DURING WORK***

Yuli Setyaningsih, Rini Widarti, SSt.FT., M.Or.

[Setyayuli0519@gmail.com](mailto:Setyayuli0519@gmail.com)

Universitas 'Aisyiyah Surakarta

***SUMMARY***

***Background:*** Population in Indonesia, the world population structure, including Indonesia, is currently moving towards an aging process marked by an increasing number and proportion of elderly people. The proportion of the elderly population (aged 60 years and over) in Indonesia has increased significantly. The elderly are a group of people who have different characteristics from other age groups, because the elderly are generally characterized by decreased physical, social, and psychological functions. Length of time spent sitting during office work hours. In this regard, non-pharmacological and practical ways to prevent and treat musculoskeletal disorders such as in office workers who spend their time sitting only during their working hours, by changing their diet and lifestyle such as doing physical activity doing light exercise or doing stretching exercises to prevent musculoskeletal disturbances. ***Purpose:*** To create a physiotherapy promotional medium to reduce spasm and pain during work. Especially for the elderly, which is packaged in the form of videos. ***Methods:*** The method uses the Communication, Information, Education. Program in the form of videos as information, understanding and contains guidelines for stretching exercise during work for the community, especially the elderly who are still working. ***Result:*** The video Communication, Information, Education. Media will be disseminated to the working community and the community, especially the elderly, as an understandable guide in doing stretching exercises. ***Conclusion:*** As a medium of communication, information, education to the surrounding community, especially the elderly who are still working, doing stretching exercises while working.

***Keywords:*** *Stretching Gymnastics, Office Workers, Elderly, Video*