

TANDEM STANCE EXERCISE FOR DYNAMIC BALANCE IN THE ELDERLY

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SUMMARY

Background: *The elderly are a group of people who have a high risk of suffering from various diseases. Increasing age will be accompanied by the emergence of various diseases, decreased body function, body balance and the risk of falling. The decrease in body imbalance increases the incidence of falls, the impact of serious, painful, embarrassing injuries and causes limitations in activities so as to reduce the level of independence of the elderly. Elderly who experience balance disorders and are at risk for falling have a low quality of life. How to overcome balance disorders that result in falls in the elderly, the elderly need to maintain and improve their balance. The way to improve balance is to do exercises.* **Purpose:** *Increase knowledge especially for physiotherapists about tandem stance exercise for dynamic balance in the elderly.* **Method:** *The selected CEI (Communication, Education, and Information) media is booklet. Booklet was chosen because it has several advantages. Booklet made by taking into account the guidelines of the 'Aisyiyah University of Surakarta.* **Result:** *CEI media is in the form of a booklet entitled "Tandem Stance Exercise for Dynamic Balance in the Elderly" The booklet contains material about the elderly, dynamic balance, and tandem stance exercise.* **Conclusion:** *The booklet entitled "Tandem Stance Exercise for Dynamic Balance in the Elderly" was chosen as a health promotion media targeting health practitioners, especially physiotherapists.*

Keywords : *tandem stance exercise, dynamic balance, elderly*