

# EDUKASI SENAM ERGONOMIK UNTUK MENGATASI NYERI SENDI *GOUT ARTHRITIS* PADA LANSIA MELALUI MEDIA VIDEO

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## **SUMMARY**

**Back Ground ;** *The increasing elderly population was followed by various health problems due to the aging process in the elderly. Arthritis gout is a degenerative disease that attacks the joints and most often found in the community, especially in the elderly. Arthritis gout is a metabolic disorder caused by an excessive response or lack of uric acid production which causes high levels of uric acid in the blood. Arthritis gout is characterized by joint pain, swelling, and redness. One attempt to resolving joint pain can be done by ergonomic exercise. Ergonomic exercise is adapted from prayer movements consisting of one opening movements and five fundamental movements.* **Method ;** *The media used in this method uses video media that can be used as a means of health education to the community, especially in the elderly to increase knowledge about ergonomic exercise.* **Result ;** *After the education is carried out, it is hoped that community especially elderly knowing ergonomic exercise steps and ergonomic exercise can be resolved joint pain in the elderly.* **Conclusion ;** *Video media can be used as media education and information to increase community knowledge especially elderly about ergonomic exercise to resolving joint pain arthritis gout.*

**Keywords :** *Elderly, Arthritis Gout, Joint Pain, Ergonomic Exercise, Videos.*