

APPLICATION OF RANGE OF MOTION EXERCISE TO MUSCLE STRENGTH IN ELDERLY WITH STROKE IN SRATEN VILLAGE

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ABSTRACT

Background: According to WHO (World Health Organization) in 2018, it was shown that around 7.75 million people died from stroke. Several consequences can occur in stroke patients, one of which is muscle weakness. Efforts that can be made as a non-pharmacological therapy technique to increase muscle strength are range of motion. **Objective:** This study aims to determine the difference in muscle strength scale before and after the application of range of motion to increase muscle strength in the elderly in Sragen. **Methods:** Increasing muscle strength is carried out with range of motion in the elderly using the One Group Pretest Posttest research method. This is a research conducted by comparing the data before and after the application, then seeing whether there is a change after the range of motion is done. **Results:** Handling muscle strength weakness with range of motion therapy given twice a day. This therapy is given for 7 days, therapy is carried out for 15 minutes. This therapy can increase muscle strength. **Conclusion:** Range of motion therapy can increase muscle strength in stroke patients.

Keywords: Stroke, Elderly, Muscle Strength, Range of Motion