

PENERAPAN TERAPI *BACK MASSAGE* TERHADAP INTENSITAS NYERI REMATIK PADA LANSIA

Aldi Fathkur Rohman¹, Dewi Sari Kartika²
aldifathkurrohman02@gmail.com
Universitas 'Aisyiyah Surakarta

ABSTRAC

Background ; One disease the frequently attack the joints of the elderly is Rheumatoid Arthritis (RA). The prevalence of Rheumatoid Arthritis (RA) in Central Java in 2018 accounted for 6,78% of the population in Central Java. One therapy that can be given to people with rheumatism is back masaage. Back Massage is one techniques of giving back massage action with slow puff that give comfort. **Objective** ; Know the results of applying back massage therapy to the intensity of pain in the elderly. **Method** ; This study uses a descriptive research design with a case study approach. A back massage therapy is administered in the elderly who have Rheumatoid arthritis (RA) pain. This study was conducted once a day for three consecutive days. **Results**; there was a decrease in the intensity of rheumatic pain in Mrs. D from 6 to 4 and in Mrs. M from 5 to 4. **Conclusion** ; Application showed that after 3 consecutive days of back massage therapy within 15 minutes there was a decrease in the intensity of rheumatic pain in both respondents.

Key Word : Rematik, Elderly, Back Massage.