

APPLICATION OF RHEUMATIC GYMNASTICS TO JOINT PAIN IN THE ELDERLY WITH RHEUMATISM

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ABSTRACT

Background : Rheumatoid arthritis or known as rheumatic disease is an inflammation of the joints that causes the structure or surrounding tissue to be disturbed. Rheumatic disease is usually progressive (slow growth) and painful. Gymnastics is one of the physical activities to reduce joint pain. This exercise program is very effective for all patients with rheumatoid arthritis in the age group because the exercise program can help relieve pain and the ability to move. **Destination:** To determine the difference in pain scale before and after the application of rheumatic exercise in the elderly with rheumatism. **Methods:** The type of research used in this research is descriptive with a case study design. Descriptive research is research that aims to describe important events that occur in the present. **Results:** Treatment of rheumatism with rheumatic exercise therapy given in 2 weeks, 1 week is done 3 times for 30 minutes in the morning. This therapy can reduce the patient's pain scale. **Conclusion:** Rheumatic exercise therapy can reduce pain scale in rheumatic patients.

Keywords: Rheumatic Pain, Elderly, Rheumatic Gymnastics