

# THE EFFECT OF *DYNAMIC NEUROMUSCULAR STABILIZATION* ON BALANCE AND WALKING FUNCTION IN THE ELDERLY

Cheza Hervina Adi Putri, Alinda Nur Ramdhani

[chervinaadiputri@gmail.com](mailto:chervinaadiputri@gmail.com)

'Aisyiyah University Surakarta

## **ABSTRACT**

**Background:** *Elderly is a condition that occurs in human life, occurs naturally where a person has passed through 3 stages of life, namely children, adults and old people. As people get older, the problem that often arises is the decrease in the elderly's response to the ability of the body's functional activities. Dynamic balance is very important for the continuation of daily activities in every individual, especially the elderly. The pattern of walking or walking is defined as a method of locomotion (switching) that involves the use of two legs alternately. therefore researchers provide interventions on the Effects of Dynamic Neuromucular Stabilization on Dynamic Balance and Walking Function in the Elderly.* **Purpose:** *To determine the effect of Dynamic Neuromucular Stabilization on Dynamic Balance and Walking Function in the Elderly.* **Methods:** *this research is a quantitative experimental research using a quasi-experimental approach. The research design used the One Group Pretset-Posttest Design. a sample of 30 respondents with purposive sampling technique. balance measurement using TUGT and walking function using 10 meter walking test.* **Results:** *based on the Wilcoxon test using the TUGT measurement instrument, the significance value was 0.023 ( $p < 0.05$ ) and the 10 mater walking test, the significance value was 0.017 ( $p < 0.05$ ).* **Conclusion:** *there is an effect of dynamic neuromuscular stabilization on balance and walking function in elderly.*

**Keywords:** *Elderly, Balance, Dynamic Neuromuscular Stabilizatio*