

RANGE OF MOTION (ROM) EDUCATION ON INCREASING EXTERMITY MUSCLE STRENGTH IN POST STROKE PATIENTS THROUGH VIDEO MEDIA

Haris Faturrokhman¹, Maryatun, S.Kep. Ns. M.Kes

harisfatur689@gmail.com

University Aisyiyah Surakarta

Background: Stroke is a disease that attacks the function of blood circulation that affects the performance of the brain, resulting in dysfunction of nerve performance. If not treated immediately will cause new problems for the sufferer. One of the consequences that arise is the reduction or weakening of the body's extremity muscle strength system. Management of stroke patients in the form of pharmacological and non-pharmacological. To overcome this problem, there are efforts that can be done, namely Range Of Motion (ROM) movement therapy. **Method:** ROM movement is a movement to train and increase muscle flexibility. A preliminary study conducted on 10 people in Jampen village RT 09 RW 03, Joglo, Kadipiro, Banjarsari showed that 5 of them said they did not know about ROM (Range Of Motion) therapy that can increase muscle strength in strokepatients. So there is a need for further education related to ROM therapy to increase muscle strength in stroke patients. **Results:** Video media is an alternative to be a means of disseminating information because it can make information dissemination more efficient. **Objective:** It is hoped that ROM movement therapy will provide benefitsforincreasing muscle strength in stroke patients as a non-pharmacological therapythat is easily applied by the general public, especially stroke patients. **Conclusion:**ROM movement videos can provide information regarding how to increase musclestrength in stroke patients exclusively using smartphones.

Keywords: Stroke, Muscle Strength, Range Of Motion (ROM), Video Media