

**APPLICATION OF RHEUMATIC GYMNASTICS TO
INTENSITY RHEUMATIC PAIN IN THE ELDERLY IN THE
WORKING AREA OF THE PUBLIC HEALTH CENTER
(PUSKESMAS) SAMBI**

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ABSTRACT

Background: One of the diseases that often attacks the joints in the elderly is Rheumatoid Arthritis (RA). The prevalence of Rheumatoid Arthritis (RA) in Central Java in 2018 was 6.78% of the total population in Central Java. If not treated immediately, this disease can cause pain, limited physical mobility, and even disability and paralysis. One of the non-pharmacological therapies to reduce pain that is easy to do for elderly people with arthritis is rheumatic gymnastics. Rheumatic gymnastics is a series of physical exercises to stretch muscles and make joints flexible. **Objective:** To figure out the results of the application of Rheumatic Gymnastics on the intensity of rheumatic pain in the elderly. **Method:** This type of application is descriptive in the form of a case study. Rheumatism exercises were given to the elderly who experienced Rheumatoid Arthritis (RA) pain. This application was carried out for 4 weeks with a frequency of one time a week for 8 minutes. **Results:** There was a decrease in the pain intensity scale for the two respondents by 4 scales, from the moderate pain category to the mild pain category. **Conclusion:** Rheumatic gymnastics can reduce the pain intensity scale in elderly people with arthritis.

Keywords: Rheumatism, Elderly, Rheumatic Gymnastics