

**APPLICATION *SLOW STROKE BACK MASSAGE* ON BLOOD  
PRESSURE IN PATIENTS WITH HYPERTENSION IN RSUD  
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***ABSTRACT***

**Background:**Hypertension is a condition where blood pressure is above 140/90 mmHg. Non-pharmacological treatments that have been found to help lower blood pressure are in the form of traditional plants (herbs), acupuncture, acupressure, relaxation therapy, reflexology, back massage, gymnastics in the form of elderly exercises, yoga exercises and others.*Slow stroke back massage* is one of the massage actions with touch movements and emphasis on the skin of the back area with gentle strokes for 3-10 minutes which has a relaxing effect on muscles, tendons and ligaments.**Objective:**find out the results of the implementation of the grant*Slow Stroke Back Massage* on blood pressure in hypertensive patients in Aster Room 5 RSUD Dr. Moewardi Surakarta.**Method:**This application uses the case study method.**Results:**before given intervention*Slow Sroke Back Massage* on Mrs. F obtained blood pressure results of 142/92 mmHg, while Tn.S obtained blood pressure results of 155/91 mmHg. Blood pressure on Mrs.F after being applied*Slow Stroke Back Massage* namely 129/85 mmHg, while Mr.S blood pressure results143/85 mmHg. In Tn.S the blood pressure results still belong high above 140/90 mm Hg.**Conclusion:** both respondentsblood pressure measurement before and after done*Slow Stroke Back Massage*. Obtained the decrease in the value of the decrease in Mrs.F while the Tn.S did not show significant results.

**Keywords :***Hypertension, Slow stroke back massage, Blood pressure*