APPLICATION OF RUBBER BALL ROM EXERCISE TO STROKE GRIPMUSCLE STRENGTH OF STROKE PATIENTS INSOEDIRAN MANGUN SUMARSO HOSPITAL WONOGIRI DISTRICT

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ABSTRACT

Bacground:*Stroke is a sudden loss of brain function caused by interruption of blood flow to the brain. Decreased muscle strength can result in decreased ability to maintain body balance, resistance to movement, risk of falling, changes in posture. Rubber ball exercise therapy to prevent complications due to muscle weakness in body parts.* ***Objevtive:****Describe the results of the development of muscle strength before and after the application of rubber ball ROM exercise to hand-held muscle strength.****Method:****Descriptive method using case studies, measuring muscle strength before and after the rubber ball ROM exercise, therapy is carried out 2x a day for 4 days.****Results:*** *Muscle strength in Mr. P from before being given therapy in the category of being unable to do gravity or passive motion, while after the application of the muscle strength category was only able to fight gravity.While the muscle strength in Mr. S from before being given therapy in the category of being unable to do gravity or passive motion, while after the application of the muscle strength category was only able to fight gravity.****Conclusion:****ROM therapy exercise rubber ball can increase grip muscle strength.*

Keywords:*Stroke, Muscle Strength, ROM exercise Therapy, Rubber Ball*