

CORE STABILITY EXERCISE ON MUSCLE STRENGTH RECTUS ABDOMINIS IN THE ELDERLY

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SUMMARY

Background: Increasing age will be marked by anatomical and physiological changes, causing a decrease in poor quality of life which can be seen from physical changes, psychological health, social relationships and environmental aspects as well as limited daily activities. There are 64.58% of elderly people with poor quality of life, 61.1% with less social activity, and 52.8% of elderly people with less interaction. **Objective:** The KIE (Information Communication and Education) program is expected to provide education to the public regarding *curl up exercise* to increase the strength of the *rectus abdominis* muscles in seniors. **Method:** Using the KIE (Information and Education Communication) program in the form of a video as an alternative information containing the understanding of *core stability exercise* to increase *rectus abdominis* muscle strength in the elderly. **Results:** IEC media (communication, information and education) videos will be disseminated to increase rectus abdominis muscle strength with core stability exercises. **Conclusion:** KIE's output product is a video as a promotional medium for communication, information and education for the general public and physiotherapy health workers in increasing rectus abdominis muscle strength in the elderly with *Core Stability Exercise*

Keywords: *core stability exercise*, elderly, *rectus abdominis*