

**THE APPLICATION OF *BACKWARD WALKING EXERCISE* TO
REDUCE PAIN AND IMPROVE FUNCTIONAL ABILITY IN
*OSTEOARTHRITIS KNEE***

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SUMMARY

Background: *Knee osteoarthritis is a chronic condition that is often identified as a cause of pain and functional limitations in the knee joint, especially in the elderly group. Its effects can interfere with daily activities and the quality of life of individuals, especially in the elderly population. Problems that are often found in knee osteoarthritis are pain in both of the patient's knees, limited LGS (Joint Scope of Movement) that occurs in both knees, decreased muscle strength, and limitations when carrying out functional activities. In the midst of these challenges, physiotherapy offers various interventions, including the backward walking exercise method.* **Objective:** *Increase knowledge for the elderly and physiotherapy students about providing Backward Walking Exercise to reduce knee pain and increase functional ability in osteoarthritis knees.* **Method:** *The method used uses KIE media, namely Video. Video was chosen as Kie's media because it has several advantages. The video was made by paying attention to the guidelines from 'Aisyiyah Surakarta University.* **Results:** *KIE print media in the form of videos can be distributed directly to the elderly and physiotherapy students.* **Conclusion:** *As a media for promotion, information and education for the elderly and physiotherapy students about "Application of Backward Walking Exercise to Reduce Pain and Improve Functional Ability in Osteoarthritis Knee".*

Keywords: *Knee osteoarthritis, backward walking exercise, pain.*