

**THE EFFECT OF PROVIDING PATELLAR MOBILIZATION AND
THERABAND EXERCISE ON INCREASING THE ABILITY OF
FUNCTIONAL ACTIVITIES IN KNEE OSTEOARTHRITIS PATIENTS IN
THE ELDERLY**

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ABSTRACT

Background: Aging is an individual process after going through several stages in life. According to (WHO), the World Health Organization defines elderly age with four groups of criteria as follows: middle age ranges from 45-49 years, elderly people cover the age range 60-74 years, old age refers to age 75-90 years, and very old age refers to those aged over 90 years. An elderly person will experience wasting of muscle fibers and muscle strength will also decrease. As bone muscle mass decreases, it results in a decrease in quality of life. So this can be the most common health problem in the elderly, namely knee osteoarthritis (OA Knee). **Objective:** To determine the effect of patellar mobilization and theraband exercise on increasing the functional activity abilities of osteoarthritis knee sufferers in the elderly. **Method:** This type of research is quantitative research, quasi-experimental (Quasy experimental) where this research uses Pre-Post Test Non-Equivalent One Group Design. **Result:** Based on the Wilcoxon test, the significance value was 0.001 ($p < 0.05$). **Conclusion:** There is an effect of providing patellar mobilization and theraband exercise on increasing the unctional activity abilities of osteoarthritis knee sufferers in the elderly.

Keywords: Elderly, patellar mobilization, theraband exercise, osteoarthritis knee