

**APPLICATION OF PASSIVE RANGE OF MOTION TO INCREASE
LIMB MUSCLE STRENGTH IN ELDERLY PATIENTS**

STROKE IN GAMBIRSARI VILLAGE

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ABSTRACT

Background: the prevalence of stroke in 2021 rose 7% to 10.9%, people around the world suffer from stroke, 5 million of whom die, and the remaining 5 million people are permanently disabled. in 2022 from January to May there were 277 cases. Stroke is the highest cause of death with 605 deaths in Surakarta City. Gambirsari Health Center is one of the health centers with the highest number of stroke cases reaching 342 cases. One the non-pharmacological therapies that can be given to elderly stroke patients is range of motion therapy. **Objective:** Describe the results of the implementation of the effect of range of motion on stroke elderly. **Method:** This study uses a descriptive research design with a case study approach by observing muscle strength in 2 elderly respondents, carried out 3x a day for 3 consecutive days within 25 minutes. The instruments used are observation sheets and checklists. **Results:** There is an increase in muscle strength after the application Range of Motion on Mrs. N's passive from the previous muscle strength value of 3 to a value of 4 and on Mrs. S from the previous muscle strength value from the previous muscle strength value of 3 to value of 4 and in Mrs. S from the previous muscle strength value 2 to 3. **Conclusion:** Application of passive range of motion has the potential to increase muscle strength in elderly patients with stroke in both respondents.

Keywords: Muscle strength, elderly, range of motion, stroke