

**APPLICATION OF *FOOT MASSAGE* THERAPY ON BLOOD PRESSURE
IN HYPERTENSION PATIENTS IN DESA PETORAN RT 02/RW 09
JEBRES SURAKARTA**

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ABSTRACT

Background: Hypertension is a non-communicable disease caused by abnormalities of the heart and blood vessels which is characterized by increased blood pressure. Number Deaths caused by non-communicable diseases reach 41 million people every year. One of the non-pharmacological treatments for hypertension is foot massage therapy . *Foot massage* therapy can have a relaxing effect on tense muscles so that blood pressure and pulse rate will decrease and can provide stimulation that can improve blood flow. **Objective:** To determine the application of *foot massage* therapy to blood pressure in hypertension sufferers in desa Petoran Rt 02/Rw.09, Jebres, Surakarta. **Method:** This research is descriptive research using the case study method. **Results:** The results of blood pressure examination after applying progressive muscle relaxation therapy to respondent 1 (Mrs. S) were 133/97 mmHg (degree 1) and for respondent 2 (Mrs. S) 148/107 mmHg (degree 2). **Conclusion:** There were changes in blood pressure before and after progressive muscle relaxation therapy was given to both respondents.

Keywords: *Elderly, Blood Pressure, Foot Massage Therapy*