

**APPLICATION OF CYLINDRICAL GRIP ROM TO INCREASE
HAND MUSCLE STRENGTH IN NON-HEMORRHAGIC
STROKE PATIENTS IN THE LOWER GLADIOL ward of Ir
Regional Hospital. SOEKARNO SUKOHARJO DISTRICT**

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This research focuses on the application of ROM with a cylindrical grip to increase hand muscle strength in non-hemorrhagic stroke patients in the Lower Gladiolus Ward of Ir Regional Hospital. Soekarno, Sukoharjo. This research method is a descriptive case study involving two non-hemorrhagic stroke patients. Both patients underwent cylindrical grip therapy twice a day for four days. The research results showed a significant increase in muscle strength from scale 3 to scale 4 based on Manual Muscle Testing (MMT) (Mardiana et al., 2021). This therapy is effective in increasing upper extremity muscle strength and preventing contractures and disability (Agusrianto & Rantesigi, 2020). Data from RSUD Ir. Soekarno pointed out that an average of 23 patients per month experienced hemiparesis without non-pharmacological intervention, indicating the urgency of implementing this therapy. Thus, the application of cylindrical grip ROM shows positive results in hand muscle rehabilitation in non-hemorrhagic stroke patients.

Keywords: Stroke, Range of Motion, Cylindrical Grip, Muscle Strength, Rehabilitation, Physical Therapy