

APPLICATION OF CORRECTIVE EXERCISE TO IMPROVE POSTURE IN ELDERLY PARENTS WITH KYPHOSIC BODY POSTURE

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SUMMARY

Background: *The natural aging process causes various degenerative changes in the musculoskeletal system, such as decreased muscle strength, flexibility, and postural disorders, one of which is kyphosis. Kyphosis in the elderly is characterized by an excessive posterior curvature of the spine, which can negatively impact quality of life. Elderly individuals with kyphosis are more susceptible to back pain, balance disorders, limitations in daily activities, and an increased risk of falls. Therefore, appropriate interventions are needed to prevent progression and minimize symptoms.* **Objective:** *The objective of this media development is to increase the knowledge of elderly individuals with kyphotic posture regarding the importance of performing regular physical exercise, particularly corrective exercises, which have been proven effective in improving posture and reducing kyphosis-related symptoms.* **Method:** *The method used is the creation of a Communication, Information, and Education (CIE) media in the form of a booklet titled “Application of Corrective Exercise Combinations to Improve Posture in the Elderly with Kyphotic Posture.”* **Conclusion:** *This booklet was chosen as an educational and health promotion medium aimed at elderly individuals with kyphotic posture, with the hope of increasing understanding and encouraging healthier behavioral changes.*

Keywords: *Elderly, Kyphosis, Corrective Exercise.*