

**EFFORTS TO INCREASE KNOWLEDGE OF LOWER EXTREMITY
ACTIVE ROM AND MUSCLE STRENGTH OF THE
ELDERY THROUGH VIDEO MEDIA**

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SUMMARY

Background; *The aging process causes a decline in physical function, such as muscle weakness and limited movement, especially in the lower extremities. This affects the balance and independence of the elderly. Active Range of Motion (ROM) exercises have been proven to enhance muscle strength and maintain mobility. WHO (2024): 727 million people, projected to reach 1.5 billion by 2050; Indonesia: dependency ratio of 12%; Central Java: 14.59%. This exercise is superior because its movements are simple, safe, can be done independently, and effectively maintain joint flexibility and blood circulation. Education through video media is an attractive and effective alternative for enhancing elderly knowledge.* **Objective;** *An educational video titled “Stay Strong in Old Age: ROM Exercises for Elderly Lower Limb Muscle Strength” to increase elderly awareness of the importance of ROM exercises in maintaining lower limb muscle strength..* **Method;** *Production of a video explaining how to enhance muscle strength through Range of Motion (ROM) exercises. Results: A 7-minute 18-second video with a file size of 512 MB, which will be registered for intellectual property rights as a form of work protection.* **Conclusion;** *This educational video is effective as an educational tool for the elderly regarding ROM exercises as a means to strengthen lower extremity muscles.*

Keywords: *Elderly, Range of Motion (ROM), muscle strength*