

***EFFORTS TO INCREASE KNOWLEDGE OF RUBBER BALL GRASPING
THERAPY FOR MUSCLE STRENGTH OF STROKE PATIENTS
THROUGH VIDEO MEDIA***

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SUMMARY

Background: Stroke can cause muscles to become weak, especially in the hands, making daily activities difficult. Rubber ball grasping therapy is a simple way to strengthen muscles, improve coordination, and maintain good fine motor function.

Objective: To provide stroke patients with knowledge about the benefits and how to perform rubber ball grasping therapy through educational videos. ***Methods:*** This video was made using the Communication, Information, and Education (IEC) method consisting of organized narration, images, and sound.

The video was made through pre-production, production, and post-production stages, and underwent validation from the supervisor. ***Results:*** The video entitled "Easy Exercise, Maximum Results: Rubber Ball Therapy for Stroke" has a duration of 5.46 minutes containing an explanation of the benefits of therapy, the tools used, how to do the exercises, and tips for doing at home. ***Conclusion:*** This video can increase stroke patients' understanding of rubber ball grasping therapy and become a guide that can be followed alone at home for hand function recovery.

Keywords: Stroke, Rubber Ball Therapy, Fine Motor, Health Education, Video Media