

***SLOW STROKE BACK MASSAGE THERAPY AS AN EFFORT TO LOWER  
BLOOD PRESSURE IN HYPERTENSIVE PATIENTS THROUGH  
VIDEO MEDIA***

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**SUMMARY**

**Background:** *The prevalence of hypertension among the elderly in Central Java reached 72.02% in 2023, posing a risk of serious complications if not treated promptly. Elderly individuals with this condition need special interventions. Slow Stroke Back Massage is a non-pharmacological therapy proven effective in lowering blood pressure through relaxation.* **Objective:** *To develop an animated video as an informational and exercise tool for Slow Stroke Back Massage movements, helping elderly people manage their blood pressure independently.* **Method:** *The video was created using Canva and CapCut, containing explanations and demonstrations of Slow Stroke Back Massage therapy lasting 20 minutes. It was tested on three elderly hypertensive respondents in Gambirsari, Surakarta Regency.* **Results:** *The final video runs for 5 minutes and 48 seconds, titled "Slow Stroke Back Massage Therapy to Lower Hypertension." It is systematically arranged to include definitions, benefits, objectives, indications, contraindications, duration, tools, and step-by-step instructions for the massage.* **Conclusion:** *The Slow Stroke Back Massage therapy video is an effective medium to increase understanding and motivate elderly hypertensive patients in efforts to lower their blood pressure.*

**Keywords:** *hypertension, elderly, Slow Stroke Back Massage, knowledge, video.*