

**APPLICATION OF ERGONOMIC EXERCISE TECHNIQUES TO
REDUCE URIC ACID LEVELS IN THE ELDERLY
IN PETORAN VILLAGERT 01/RW 07 JEBRES
VILLAGE SURAKARTA CITY**

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ABSTRACT

Background; Patients with gouty arthritis at the age of under 34 years were 32% and at the age of over 34 years were 68%. Meanwhile, in Central Java Province itself, the prevalence of gout disease reaches 2.6 - 47.2%. Based on preliminary studies, the number of gout sufferers at the Ngoresan Health Centre in 2025 was 360 sufferers. Whereas in the village of Petoran RT 01 / RW07 Jebres Surakarta the number of acid sufferers is 15 people out of 32 total elderly **Objective;** Knowing the results of the implementation of the application of ergonomic gymnastics on reducing uric acid levels in elderly people with gout in Petoran Village RT 01 / RW07 Jebres. **Method;** This type of research uses two case study respondents. Ergonomic gymnastics was performed for 7 times, gymnastics was performed for 20 minutes. Pre-test and post-test were conducted to measure uric acid levels using a uric acid device. **Results;** The pre-test results of uric acid levels in Mrs. M were 7.4 mg/dl and in Mrs. P the uric acid level was 7.6 mg/dl. The post-test results of Mrs. M were 6.4 mg/dl and in Mrs. P the uric acid level was 6.1 mg/dl. The comparative results of y. P experienced a greater decrease in uric acid levels compared to Mrs. M, which was 1.5 mg/dL in Mrs. P and 1.0 mg/dL in Mrs. **Conclusion;** Application of Ergonomic Gymnastics is able to reduce uric acid levels in the elderly.

Keywords: Elderly, Gout Arthritis, Ergonomic Gymnastics