

**THE APPLICATION OF ERGONOMIC GYMNASTICS AND WARM
COMPRESSES OF LEMONGRASS STEMS TO THE LEVEL OF
PAIN IN THE ELDERLY WITH GOUTY ARTHRITIS IN RT 03 RW
02 JOYOTAKAN VILLAGE, SERENGAN SUB-DISTRICT,
SURAKARTA CITY**

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ABSTRAC

Background: Gouty arthritis is a degenerative joint disease that affects many elderly people, characterized by severe pain that can interfere with daily activities. Non-pharmacological treatments are an important alternative in reducing this pain. **Objective:** To determine the effectiveness of ergonomic exercises and warm compresses of lemongrass leaves on pain levels in elderly people with gouty arthritis in RT 03 RW 02 Joyotakan Village, Serengan District, Surakarta City. **Method:** the research method uses descriptive method with observation sheet monitoring through 2 respondents. **Results:** the study showed a decrease in pain levels in both respondents, from the category of moderate pain to mild pain and disappeared after the intervention. Pain reduction was achieved through increased muscle relaxation and blood circulation due to a combination of gymnastic movements and the analgesic effect of lemongrass leaves. **Conclusion:** Ergonomic gymnastics and warm compresses of lemongrass leaves are effective in reducing pain levels in the elderly with gouty arthritis, and can be applied as an alternative non-pharmacological therapy in the community.

Keywords: gouty arthritis, elderly, pain, ergonomic gymnastics, warm compress, lemongrass leaves