

**IMPLEMENTATION OF ISOMETRIC HANDGRIP EXERCISE ON BLOOD
PRESSURE IN HYPERTENSION PATIENTS IN RW 07
PURWODININGRATAN DISTRICT JEBRES DISTRICT
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ABSTRACT

Background: Hypertension is a condition characterized by repeated measurements showing systolic blood pressure ≥ 140 mmHg and diastolic blood pressure ≥ 90 mmHg. Hypertension management can be both pharmacological and non-pharmacological. One effective non-pharmacological therapy is the Isometric Handgrip Exercise (IHE). **Objective:** To determine the effect of IHE on blood pressure in hypertensive patients. **Methods:** A quasi-experimental design involving 2 respondents with a history of hypertension. The intervention was conducted over 5 consecutive days, with 3-minute daily sessions using a handgrip device. **Results:** A significant reduction in blood pressure was observed in both respondents. The initial category of stage I hypertension improved to pre-hypertension and normal levels after the intervention. **Conclusion:** Respondent I experienced a decrease from 152/94 mmHg to 138/89 mmHg, while Respondent II showed a decrease from 145/90 mmHg to 129/85 mmHg. These results indicate that IHE can effectively reduce blood pressure in hypertensive patients. This therapy is simple, cost-effective, and can be self-administered at home. It is recommended as a component of comprehensive hypertension management.

Keywords: Hypertension, Isometric Handgrip Exercise, Blood Pressure