

**IMPLEMENTATION OF PROLANIS EXERCISES TO LOWER BLOOD  
PRESSURE IN HYPERTENSION PATIENTS IN RW 07  
PURWODININGRATAN DISTRICT JEBRES  
DISTRICT SURAKARTA CITY**

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**ABSTRACT**

**Background:** Hypertension is a condition where a person experiences an increase in blood pressure above normal. One way to control hypertension is through prolanis exercises. Prolanis exercises can reduce pressure if done twice a week for 20 – 30 minutes regularly. According to the World Health Organization (WHO), the prevalence of hypertension in the world is 22% of the world's total population. The highest incidence of hypertension is on the African continent, namely 27%, and the lowest is on the American continent, namely 18%, while in Southeast Asia it is in the 3rd highest position with a prevalence of hypertension of 25%. **Objective:** To help lower blood pressure in hypertensive patients. **Method:** Case study, number of respondents 2 who had a history of hypertension, implementation using prolanis exercises. **Results:** The blood pressure of both respondents before the prolanis exercise was in the severe hypertension category. Blood pressure after doing prolanis exercises is included in the mild hypertension category. **Conclusion:** There were differences in blood pressure before and after doing prolanis exercises in the two respondents.

**Keywords:** *Hypertension, Prolanis Gymnastics*