

**EFFECT OF GIVING KINESIOTAPPING TO INCREASING FUNCTIONAL  
ACTIVITY IN ELDERLY PEOPLE WITH OSTEOARTHRITIS IN  
POSYANDU MARSUDI WARAS JEBRES SURAKARTA**

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**ABSTRACT**

**Background :** Osteoarthritis (OA) is a degenerative disease of the joint, where the overall structure of the joint changes pathologically. Marked by damage to the cartilage of the joints, increased thickness, growth of joint-dense osteophytes, stretching of joint capsules, inflammation and weakening of the muscles connecting the joints. An increase in functional activity of the knee joint in elderly people with osteoarthritis is one of them, namely the use of kinesiotapping which has a therapeutic effect or treatment. **Purpose :** to determine the effect of giving kinesiotapping to the increased functional activity in elderly people with osteoarthritis at the Posyandu Marsudi Waras Jebres Surakarta. **Method :** This research is a pre-experimental study with one group research design pre test and post test. Sampling uses simple sampling technique, with a total sample of 20 respondents, while the research instrument uses questionnaires. Bivariate analysis using the Wilcoxon test. **Results :** The bivariate test results prove that there is an effect of giving kinesiotapping to the increased functional activity in elderly people with osteoarthritis with a p value =0.001 ( $p < 0.005$ ). **Conclusion :** There is an effect of giving kinesiotapping to the increase in functional activity in elderly people with osteoarthritis at the Posyandu Marsudi Waras Jebres Surakarta.

**Keywords:** Elderly, Osteoarthritis, Kinesiotapping

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