

## **ABSTRACK**

# **PENGARUH SENAM LANSIA TERHADAP PENINGKATAN KEKUATAN OTOT TUNGKAI ATAS PADA PENDERITA OSTEOARTHRITIS LUTUT DI POSYANDU LANSIA IDAMAN LESTARI PULOSARI JATEN KARANGANYAR**

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## **ABSTRACT**

**Background;** Posyandu Elderly Surviving Scandals Pulosari Jaten Karangayar has 80 members, members of the posyandu people have symptoms of osteoarthritis by as much as 55 people. The results of the observations found the subject with muscle strength scale 3. To reduce the decline in muscle strength can do physiotherapy with elderly exercisers. **Objective;** Know how the elderly exercisers to increased the power of the upper limb muscles in people with osteoarthritis of the knee. **Research Methods;** This type of research is quasi alphabets experiment with pretest-posttest design one group design. Sampling with simple random sampling. The number of samples as many as 20 respondents, given the treatment 3 times a week for 4 weeks. **Results;** the result value of  $p = 0.001$  bivariat ( $p < 0.05$ ), which means there is the influence of gymnastics elderly to increased the power of the upper limb muscles. **Conclusion;** elderly exercisers can boost the power of the upper limb muscles in people with osteoarthritis

**Keywords:** Gymnastics Elderly upper limb muscles, strength, sufferers of Osteoarthritis of the knee, Posyandu Elderly Surviving Scandals Pulosari Jaten Karangayar.