

ABSTRACT

The Implementation of Rheumatism Gymnastics toward The Scale of Joint Pain in The Sufferer of Osteoarthritis at Wredha Dharma Bhakti Nursing Home Surakarta

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Background: *Osteoarthritis is as a degenerative joint disease. The number of osteoarthritis incidence in women aged 45 years is as much as 2%, age 45-64 years is about 30% and above 65 years is about 68%, in men is equal to the incidence of women but above 65 years is lower than women. Osteoarthritis can affect joints such as the pelvis, knees, and spinal joints and usually complain of pain. Pain is a subjective sensation with an intensity or location that is difficult to describe. One of non-pharmacological ways that can reduce the scale of pain is rheumatic gymnastics. Rheumatic Gymnastics are movements to reduce joint pain and improve movement ability, muscle strength and endurance function.*

Objective: *To find out whether there is an effect of the application of rheumatic gymnastics on the scale of joint pain in osteoarthritis patients in Panti Wredha Dharma Bhakti Surakarta.*

Method: *The research used descriptive research where do the measurements before and after rheumatic gymnastics then conducted an observation whether there is influence of rheumatic gymnastics on the scale of joint pain in osteoarthritis patients.*

Result: *There is influence of rheumatic gymnastics on scale of joint pain in osteoarthritis patient with decreasing of knee pain scale 0,5 which is done every 3 times a week for 2 weeks.*

Conclusion: *The application of rheumatic gymnastics effect on joint pain in osteoarthritis patient in Panti Wredha Dharma Bhakti Surakarta.*

Keywords: *Rheumatism Gymnastics, scale of pain, osteoarthritis*