

ABSTRACT

APPLICATION OF ASTHMA SENSES CAN REDUCE TIMBER IN NY T WITH BRONKIAL ASTHMA IN JOYOTAKAN VELOCITY

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Background: *Asthma treatment efforts have been implemented, both curative and rehabilitative. For that the success of asthma treatment is not only determined by the drugs consumed but also must be supported by nutritional factors and sports. One form is with Gymnastics asthma. Asthma gymnastics aims to train the correct way of breathing, flexing and strengthening the respiratory muscles, training effective expectoration, improving blood circulation,. Recurrence is a reappearance of symptoms that have previously progressed and before recurrence usually occurs things that support the recurrence that occurred* **Objective:** *To determine the effect of the application of gymnastic asthma can reduce the recurrence of bronchial asthma.* **Methods:** *The type of research used is descriptive observational. Where do asthma gymnastics then conducted observations to determine the effect of asthma gymnastics on the decrease in recurrence of asthma done in 2 weeks 4 times for 45 minutes and then inserted in the observation sheet* **Results:** *The results of the application and analysis found there is a relationship between asthma gymnastics and decreased recurrence with the results obtained on Ny. T decreased respiratory rate of 26x / min and wheezing respiratory respiratory rate of 22x / min, vesicular breath after asthma exercise for 2 weeks 4 times.*

Keywords: *Gymnastics Asthma, Recurrence, Bronchial Asthma*