

ABSTRACT

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SWEDISH MASSAGE TO REDUCE PAIN SCALE OF HAND SLEE FOR ELDERLY PATIENTS WITH ARTHRITIS RHEUMATOID

ABSTRACT

Background: Rheumatoid arthritis is an inflammation of the body joints and become a common term of a disease referred to one or more joints. Pain is a condition of unpleasant feelings. A Swedish massage is a massage done by a masseur to accelerate the recovery process by using a touch of hands and without incorporating drugs aimed at reducing disease complaints. Aim: This study aims to describe the results of the Swedish massage to the scale of hands joint pain of patients with rheumatoid arthritis. Method: This study used a descriptive research, where the measurements were taken before and after the Swedish massage given, and then observed whether there is influence of Swedish massage to changes the pain scale in elderly people suffering from rheumatoid arthritis. Result: There is influence of Swedish massage to reduce pain scale on both respondents with decrease of 1 point pain scale after treated in 3 days regularly. Conclusion: Swedish massage can change the pain scale of elder patients with rheumatoid arthritis in urban village Kratonan, Surakarta.

Keyword: *Swedish Massage, Pain, arthritis rheumatoid*