

## ABSTRACT

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### THE EFFECTIVENESS OF RHEUMATIC PHYSICAL EXERCISE IN REDUCING THE PAIN SCALE OF ELDER PATIENTS WITH OSTEOATHRITIS IN PANTI WREDHA DHARMA BHAKTI SURAKARTA

#### ABSTRACT

**Background:** Osteoarthritis is a degenerative joint disease associated with joint cartilage damage. Patients with osteoarthritis feel of pain during activity or loading on affected joints. Pain is a sign and symptom indicates the physiological disorders. Physical exercise of rheumatism is a form of physical exercise that has a good influence to improve the ability of joint muscles, provide fitness and increase endurance. **Objective:** This study aims to describe the effect of rheumatic physical exercise to reduce the scale of pain for elderly knee with osteoarthritis at Panti Wredha Dharma Bhakti Surakarta. **Method:** the method used in this study was descriptive research, where the measurements of pain scale was conducted before and after rheumatic exercises treatment given. Then, it was observed whether there is influence of rheumatic gymnastics to reduce the scale of pain. **Result:** There is influence of rheumatic physical exercise to decrease the scale of pain in both respondents with the decrease of pain scale 2-3 points by doing 3 times a week for 2 weeks. **Conclusion:** There was a decrease in pain scale after the implementation of rheumatic exercise on both respondents 1-3 pain scale including mild pain.

**Keyword :** Rheumatic Physical Exercise, Pain, Osteoarthritis.