

## ABSTRACT

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### THE APPLICATION OF PHYSICAL EXERCISE TO INTENSIFY JOINT RANGE OF MOTION TOWARDS RHEUMATOID ARTHRITIS PATIENTS IN NURSING HOME OF AISYIYAH SURAKARTA

## ABSTRACT

**Background:** Rheumatoid arthritis was chronic diseases that caused acute, stiffness, swelling and limitation of motion of the joint function. Based on the interview with nursing home management of Aisyiyah Surakarta obtained data that there were  $\pm$  30 elderly who occur in nursing home Aisyiyah and 50% of the total number of the elderly had rheumatoid arthritis. Non-pharmacology handler of rheumatoid arthritis one of them was with physical exercise. The exercise was one of the physical activities towards someone which sufferer of rheumatoid arthritis that could defend of joint motion in normally. **Purpose:** To describe of implementation result of physical exercise towards patients of rheumatoid arthritis in nursing home of Aisyiyah Surakarta. **Method:** in this research use case study research with use descriptive study design while the instrument research use goniometer with brand GONEO ISOM and observation sheet. **Result:** there was enhancement of joint range of motion before and after conducted physical exercise toward Mrs. T from  $116^\circ$  become  $122^\circ$  when right flexion and joint range of motion of Mrs. S from  $115^\circ$  become  $120^\circ$  when left flexion. **Conclusion:** there is joint range motion before and after conducted physical exercise toward sufferer of rheumatoid arthritis in nursing home of Aisyiyah Surakarta.

**Keywords:** *Physical Exercise, Rheumatoid arthritis, Joint Range Of Motion*