

**PENERAPAN LATIHAN ISOMETRIK TERHADAP PENURUNAN  
TEKANAN DARAH PADA PENDERITA HIPERTENSI DI POSYANDU  
LANSIA WILAYAH KERJA PUSKESMAS SIDOHARJO SRAGEN**

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**ABSTRACT**

**Background** : Hypertension is abnormal high blood pressure, a person is considered to have hypertension if his blood pressure is higher than 140/90 mmHg. Management of non-pharmacological hypertension has several types, one of which is the implementation of isometric exercises that can reduce blood pressure in patients with hypertension. **Objective** : To describe the results of the implementation of isometric exercises to reduce blood pressure in patients with hypertension. **Method** : This type of research is applied research with case studies that use descriptive research methods, this application was carried out on two respondents. The application of isometric exercises was carried out for 12 meetings with a duration of 13 minutes. **Results** : Blood pressure before the application of isometric exercises to Mrs. M 160/100 mmHg and Ny. S 165/100 mmHg after the application of isometric exercises for 12 blood pressure meetings in Ny. M 140/80 mmHg and Ny. S 140/90 mmHg. **Conclusion** : There were differences in blood pressure before and after the isometric exercise at the Posyandu lansia wilayah kerja puskesmas sidoharjo sragen.

**Keywords** : *hypertension, isometric exercise, blood pressure*