

APPLICATION OF RANGE OF MOTION THERAPY TO INCREASING MUSCLE STRENGTH IN STROKE PATIENTS IN THE VILLAGE OF CEPOGO BOYOLALI

Fitri Dwi Hastuti, Sri Hartutik, Nazaruddin Latif

fitridwihastuti12@gmail.com

Nursing Study Program at STIKES 'Aisyiyah Surakarta

ABSTRACT

Background; Stroke is clinical syndrome whose initial emergency is sudden, progressive, in the form of focal or global neurological deficits that last 24 hours or more or directly cause death, and solely caused by impaired non traumatic brain blood flow. Stroke is the most neurological disease than can cause serious health problem and have an impact on disability. ROM exercise is a form of exercise in the rehabilitation process which is considered quite effective in preventing disability in stroke patients. The authors chose the application of range of motion therapy to increase muscle strength because range of motion therapy can improve muscle tone, stimulate blood circulation and muscle flexibility. **The Purpose;** To describe the results of the implementation before and after the application of range of motion to muscle strength in stroke patients. **Method;** The type of research used descriptive methodology with a case study desion that illustrates the increase in muscle strength in stroke patients in Cepogo Boyolali village. **Result;** An increase in muscle strength in Mrs. S and Mrs. J there is muscle strength of 2 and 3 there to 3 and 4. **Conclusion;** There was an increase in muscle strength after being given the application of range of motion for 7 days in village Cepogo Boyolali.

Keywords; Stroke, Range Of Motion, Muscle Strength