

**THE APPLICATION OF RHEUMATIC GYMNASTICS IN REDUCING  
THE PAIN SCALE OF OSTEOARTHRITIS (OA) IN THE ELDERLY  
AT THE POSYANDU ELDERLY HEALTHY AND HEALTHY  
SIDOHARJO SRAGEN**

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**ABSTRACT**

**Background** ; Osteoarthritis is a degenerative joint disease associated with damage to the joint cartilage. Bone disorders become a problem that often occurs in the elderly due to inflammation or idiopathic processes. Osteoarthritis sufferers will complain of pain when carrying out activities or loading on the affected joint. Rheumatic gymnastics is exercise that focuses on maintaining the maximum range of motion of the joints which can reduce pain and maintain physical health. **Objective**; Describe the results of the implementation of the application of rheumatic gymnastics in reducing the scale of pain in osteoarthritis in the elderly at the posyandu in the elderly healthy and healthy sidoharjo sragen. **Method**; This study used a descriptive method with verbal descriptive scale pain (VAS) instruments and observation sheets. **Result**; There is a decrease in the scale of pain when given rheumatic exercise carried out 30 minutes 3 times a for 2 weeks. A decrease in the scale of pain in both ST and SM female respondents from the scale of pain being mild pain. **Conclusion**; the influence of the scale of pain before and after the application of rheumatic gymnastics.

**Keyword**; Osteoarthritis, The elderly, Pain, Rheumatic gymnastics.