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## ***ELASTIC BAND EXERCISE AND ANKLE STRATEGY EXERCISE TO IMPROVE DYNAMIC BALANCE IN THE ELDERLY***

### ***SUMMARY***

***Background:*** Globally the elderly population is growing faster than the younger population, elderly population reached 962 million people in 2017. In 2018, there were 9.27 percent or around 24.49 million elderly. Elderly is someone who has reached the age of 60 (sixty) years and over and will experience physiological changes that are influenced by endogenous and exogenous factors. Balance disorders are one of the effects of physiological changes. Balance is the ability to maintain postural stability to maintain the center of gravity and the fulcrum. Balance can be improved using the elastic band exercise and ankle strategy exercise. Elastic band exercise is a form of resistance exercise that uses elastic band media or elastic bands. Ankle Strategy Exercise is a form of exercise by stimulating the musculoskeletal system of the human body so that it can optimize the body's balance system. ***Objective:*** To know about elastic band exercise and ankle strategy exercise to improve dynamic balance in the elderly. ***Method:*** The method used is using IEC media (Informas, Education, and Communication) namely booklets as a tool to improve balance in the elderly. ***Result:*** This booklet IEC media will be disseminated to the community or the elderly through one of the posyandu cadres. ***Conclusion:*** As a medium of information to the public or the elderly to improve dynamic balance.

***Keywords:*** Elderly, Balance, Booklet Time Up and Go Test, Elastic band Exercise and Ankle Strategy Exercise.