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## ***BALANCE EXERCISE TO MAINTAIN DYNAMIC BALANCE IN THE ELDERLY***

### ***SUMMARY***

***Background:*** Elderly is an age group that is sensitive to changes caused by the aging process. As they age, the elderly will experience physiological changes, including stiffness in joints, decreased muscle strength and nervous disorders in the elderly's body. Normal walking patterns and balance require joints that can move freely, good muscular strength, visual, vibrational and proprioceptive so as not to fall. ***Objective:*** To motivate to do balance exercise independently at home and to prevent someone from being able to avoid anything that can cause a decrease in balance. ***Methods:*** The method used is using communication, information and education media in the form of posters regarding Balance Exercise as a promotional medium for Physiotherapy to Maintain Dynamic Balance in the Elderly. ***Result:*** Media Communication, Information and Education This poster will be posted in the elderly posyandu and published on the author's blog. ***Conclusion:*** As a medium of communication, information and education shown to elderly posyandu administrators then the Balance Exercise is applied to the community, especially elderly people who have balance disorders

***Keywords:*** Balance Disorders, Balance Exercise, Poster.