

<p>Zaka Ainun Qolbi  NIM E2016046  Program Studies D IV Physiotherapy</p>	<p>Consultans:  1. Ari Sapti Mei Leni, SST.FT., M.Or  2. Ipa Sari Kardi, M.Or., AIFO</p>
<p><b>EXERCISE THERAPY TO REDUCE GENU OSTEOARTHRITIS PAIN</b></p>	
<p><b>SUMMARY</b></p> <p><b>Background:</b> <i>Elderly in Indonesia is experiencing an increase in the percentage into a 9,6% (25 million) where the elderly woman around 1% over a lot compared to elderly males (10,10% vs 9,10%). Elderly in the aging process will experience various health problems, one of which is osteoarthritis in the joints. Pain be symptoms of prime largest in joints that experience osteoarthritis sense of pain can be alleviated with rest and therapy practice. Therapy exercise in the case of osteoarthritis genu can provide benefit to the patient to decrease the intensity of pain, improve, restore or augment the function of the physical, as well as state health optimal. Many people do not know about exercise therapy, especially the elderly in reducing genu osteoarthritis pain, so there is a need for efforts to increase public knowledge about exercise therapy to reduce genu osteoarthritis pain. One of the forms of the effort that the preparation of the form of media print that booklets were interesting and easily taken to facilitate the delivery of the message to the people, especially the elderly.</i></p> <p><b>Objective:</b> <i>Booklet used to add insight and knowledge as well as media promotion that provides therapeutic exercise to reduce the pain of osteoarthritis genu in the elderly.</i></p> <p><b>Method:</b> <i>Media booklet “ Exercise Therapy to Reduce Genu Osteoarthritis Pain ”.</i></p> <p><b>Conclusion:</b> <i>Booklet is as media promotion, information and for the public especially the elderly on the therapeutic exercise reduce the pain of osteoarthritis genu.</i></p>	
<p><b>Keywords:</b> <i>Booklet, Elderly, Reduce Genu Osteoarthritis Pain, Exercise Therapy.</i></p>	