

## RESUME

### **PENINGKATAN PENGETAHUAN SENAM REMATIK UNTUK MENGURANGI NYERI PADA PENDERITA OSTEOARTHRITIS**

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Background; Osteoarthritis is a degenerative disease in the joints caused by several factors that will cause joint pain. The incidence of osteoarthritis worldwide is 151 million people and in Indonesia about 100 % of men and women aged > 75 years have symptoms of osteoarthritis. Therefore, it is necessary to socialize rheumatic exercises to deal with joint pain through the media, one of which is video media. Aim; Videos can be used to increase public knowledge, especially osteoarthritis sufferers, about non-pharmacological treatment by carrying out rheumatic exercises to reduce pain due to osteoarthritis. Output Description; The theme of this video is the Rheumatic Exercise Method to Reduce Pain in Osteoarthritis Sufferers and the duration is 6 minutes 2 seconds. Conclusion; Rheumatic exercise is one of the conservative options for reducing joint pain. With this video media, the public's knowledge, especially for osteoarthritis sufferers, has increased in relation to the definition of rheumatic exercise, the benefits and objectives and steps to do rheumatic exercise.

**Keywords: Osteoarthritis, Pain, Rheumatic Exercise**