

RANGE OF MOTION (ROM) AGAINST CHANGES IN PAIN SCALE IN ELDERLY WITH OSTEOARTHRITIS THROUGH VIDEO MEDIA

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ESSENCE

Background; *Elderly is someone whose the age is over 60 years. The elderly usually having some biological and physical changes, the elderly also often sustain degenerative diseases such as osteoporosis, arthritis and osteoarthritis. Joint diseases they often get is osteoarthritis, osteoarthritis is a joint diseases in which the joints felt stiffness and inflammation. In this situation it can effecting in pain disorders, therefore it is necessary to have management to reduce the pain. Proper management to reduce pain is Range Of Motion (ROM). Purpose ; to inform and provide knowledge to the elderly about the Range Of Motion (ROM) of pain scale changes through video media. Outcome Description;* *the outcome achieved was a Range Of Motion (ROM) exercise video to reduce the pain scale in the elderly with osteoarthritis. Conclusion ; joint Range Of Motion (ROM) motion exercises can reduce the osteoarthritis pain scale and videos can be used as a medium for education and information.*

Keywords : *Eldely, Pain, Range Of Motion (ROM), Osteoarthritis.*