

# **LATIHAN *RANGE OF MOTION* (ROM) DENGAN BOLA KARET PADA PENDERITA STROKE UNTUK KEKUATAN OTOT JARI TANGAN**

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## Summary

**Background** : Stroke is a condition that occurs when the blood supply to a part of the brain is suddenly not interrupted, because part of the brain experiences death due to impaired blood flow due to blockage or rupture of the blood vessels of the brain. In stroke patients the main problem will appear damage or death of brain tissue which can cause decreased function that is controlled by the network. One of the symptoms caused is disability in the form of paralysis of the limb hemiparesis (muscle weakness) in the affected limb such as the fingers. Therapy that is needed immediately to reduce advanced cerebral injuries, one of the rehabilitation programs that can be given to stroke patients is joint mobilization with Range Of Motion (ROM) exercises. **Purpose**: My goal is to use the video output, namely to provide knowledge to the public about the benefits of rubber balls used in Range Of Motion (ROM) exercises for stroke sufferers. **Method**: The method used is to use IEC media, namely video which is expected to be a source of information about the benefits of ROM for finger muscle strength. **Results**: The results of the video will be published in IPR at 'Aisyiyah University, Surakarta and the video can be useful for the community, especially stroke patients. **Conclusion**: as a medium of education and health and educational media for the public and the general public, especially stroke sufferers, to increase knowledge about the procedure for the Range Of Motion (ROM) exercise with a rubber ball for finger muscle strength.

**Keywords**: *Stroke, ROM, Video*