

ESSENCE

Joint pain is a condition that is often experienced by humans, especially those with a bad diet such as those high in purified content. Most of the joint pain experienced by men who are over 40 years old (Mumpuni, 2016). The prevalence of joint disease, based on the diagnosis of Indonesian health workers is 7.3%, based on the diagnosis of age > 15 years 15.5%. Prevalence in Central Java based on a doctor's diagnosis in a population of more than 15 years reached 6.78% (RISKESDAS, 2018). The results of the RISKESDAS, in 2018 stated that cases of joint pain diagnosed by doctors in residents of more than 15 years in the city of Surakarta were 4.96%. The solution offered is a non-pharmacological treatment that can be used to reduce knee joint pain, namely stretching. Stretching is an activity to stretch muscles to increase muscle flexibility and range of motion in joints. Time and dose of stretching can be done 3 times a week for 2 weeks. One of the media that can be used in providing information is through video media, the benefit of video is that it can foster motivation, the meaning of the message will be clearer so that it can be understood by the community, easily accepted by the community.

Keywords: Knee Joint Pain, Stretching, Video