

**DEVELOPMENT OF *BOOKLETS* AS ACTIVE RANGE OF
MOTION (ROM) TRAINING MEDIA TOWARDS POWER
INCREASE MUSCLE IN STROKE SUFFERERS**

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ESSENCE

Stroke is a sudden attack that occurs in the brain (blockage or rupture), and eventually causes several symptoms (ranging from paralysis, slurred speech, swallowing problems, and so on). *Range of motion* (ROM) exercises can increase muscle strength in patients who experience muscle weakness because repeated exercise can cause stimulation that increases chemical, neuromuscular and activity in muscles resulting in increased contraction in certain muscle groups. This ROM exercise (*Range of motion*) can increase the patient's muscle strength as long as it is done with the right technique and is done programmatically at least twice/day in the morning and evening with a time of 15-35 minutes for 4 weeks. One of the media that can be used in providing information is a booklet. *Booklets* can be used with the aim of increasing knowledge, because *booklets* provide more specific information. It can be concluded that the booklet media can provide information to increase knowledge about *range of motion* exercises for stroke sufferers.

Keywords : Stroke, *Range Of Motion*, *Booklet*