

**IMPROVEMENT OF MUSCLE STRENGTH IN NON HEMORAGIC
STROKE WITH HEMIPARESE THROUGH
RANGE OF MOTION (ROM) PASSIVE
WITH VIDEO MEDIA**

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SUMMARY

Background : Based on data, stroke is the third killer in the world after heart and blood vessel disease, but stroke is the number one cause of disability. The slower you get medical help, the more cell damage will occur. In 2013, in the world there were nearly 39.7 million strokes with disabilities, 65 million had died and 10.3 million had new stroke attacks. The high prevalence of stroke makes stroke a disease with priority management, one of which is with ROM exercises to increase muscle strength of stroke sufferers. **Methods :** The author chose to use video media because there were ROM exercise movements aimed at increasing muscle strength in stroke sufferers and making it easier to understand. **Result :** The output is in the form of video media about ROM (Range Of Motion), the right way to increase muscle strength of stroke patients as an effort to increase public insight and explain the benefits of ROM exercises and how to move them so that they are motivated to apply ROM exercises. **Conclusion:** Video ROM (Range Of Motion), the right way to increase muscle strength in stroke patients can provide information on how to increase muscle strength in stroke patients with ROM exercises.

Keywords : Muscle Strength, Stroke, ROM, Video