

**HANDHELD A RUBBER BALL THERAPY FOR IMPROVING
GRIP MOTOR STRENGTH IN NON HEMORRHAGIC
STROKE PATIENT USING MEDIA VIDEOS**

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SUMMARY

Background: *The incidence of non-hemorrhagic stroke not only affects the sufferer but also affects family life because the patient experiences muscle weakness so that other people must always help to do activities. In the hospital, patients and their families are rarely given information or education about what therapies non-hemorrhagic stroke patients can do. Patients who experience weakness and decreased muscle strength should immediately undergo exercises to facilitate the healing process. One of the active motion exercises can be done with the rubber ball gripping exercise therapy.*

Methods: *The IEC output method was an educational video on rubber ball handheld therapy for non-hemorrhagic stroke patients.*

Result: *IEC media in the form of video, video media is more effective, more interesting to watch so that it is easy to understand and can be watched anytime and anywhere.*

Conclusion: *Educational video of handheld rubber ball therapy for non-hemorrhagic stroke patients can gain information and knowledge on non-hemorrhagic stroke patients and the general public about effective exercise therapy to improve motor muscle strength of non-hemorrhagic stroke patients.*

Keywords: *Handheld Rubber Ball, Muscle Strength, Non Haemorrhagic Stroke, Video*