

EDUCATING RANGE OF MOTION TO REDUCE SCALE OF PAIN IN THE ELDERLY WITH OSTEOARTHRITIS USING VIDEO MEDIA

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SUMMARY

Background: Osteoarthritis is one of the most common joint disorder whose prevalence continues to increase with age. Globally, the prevalence of this disorder is 9.6% in men and 18.0% in women aged over 60 years, while in Indonesia the prevalence is 7.3%, 6.1% in men and 8.5% in women. Specifically in Central Java, the prevalence of osteoarthritis is 6.78%. According to research, ROM can reduce scale of pain by moving the joint from the beginning to the end of the motion.

Method: By using a video media entitled “Jangan Khawatir! Turunkan Nyeri Radang Sendi Dengan ROM!” to provide information and demonstrate ROM, especially to the elderly and the community. **Result:** The output produced is a video as an effort to reduce pain with osteoarthritis by performing ROM exercises.

Conclusion: The video was made in order to improve knowledge and demonstrate how to do ROM exercises to reduce scale of pain with osteoarthritis.

Keywords: Elderly, Osteoarthritis, Range Of Motion, Video