

**MANFAAT PEMBERIAN *EFFECT OF CYCLICH EXERCISE*
UNTUK MENGURANGI NYERI PADA *LATERAL ANKLE*
SPRAIN PADA ATLET**

SUMMARY

Background: In the United States, it is recorded that about one per 10,000 people per day occur cases of ankle injury, in the Netherlands the number per year reaches 234,000 cases this is caused by sports activities. In Indonesia alone cases of ankle sprains occur, but there is no more specific research to address the incidence of ankle sprains. The foot is a part of the human body that is used for walking, if the leg is malfunctioning so that it wants to reduce a person's productivity in carrying out an activity such as in the scope of work so as to reduce one's productivity in carrying out activities. Sprain injury to the ankle is an injury that often occurs during physical exercise. Physiotherapy modalities or interventions that can be used in the management of cyclical stretch ankle sprains. A relatively short duration of repeated cyclical stretching is gradually applied, released and then reapplied, cyclich exercise is applied several repetitions during one treatment session. ***Purpose:*** This KIE (Information and Education Communication) program is expected to provide information and increase knowledge, especially for Sprain Ankle or Sleo sufferers in the form of poster media. ***Method:*** The method uses the KIE (Information and Education Communication) program in the form of a poster as an alternative information, containing the meaning and procedure for performing Cyclich Exercise to Reduce Pain in Lateral Ankle Sprain. ***Result:*** Posters of KIE (Information and Education Communication) media will be distributed to elderly people with ankle sprain as an understandable guideline for doing cyclich exercise ***Conclusion:*** Cyclich Exercise effectively performed in the treatment of sprains of the lateral ankle.

Keywords: Athlete, Ankle Sprain Injury, Cylich Exercise, Poster.