

**THE BENEFITS OF CALF RAISE FOR MALE ELDERLY BALANCE
ELDERY**

Dyan Ayu Nabella, Rini Widarti

dyanabella23@gmail.com

Universitas 'Aisyiyah Surakarta

SUMMARY

Back Ground; Globally there is an increase in the number of elderly population from year to year. Indonesia is one of the Asian countries where the elderly population is growing rapidly. The elderly experience musculoskeletal decline, one of which is a decrease in muscle strength. With inncreasing age, the decline in the musculoskeletal system in the elderly has a major role in the occurrence of falls in the elderly. One form of handling anxiety that is easily accessible by many people is doing calf raise exercise. The calf raise movement is believed to be able to maintain the balance of the elderly.

Method;The metode used in the form of IEC media, namely posters as a tool used to increase knowledge and skills of Physiotherapy to elderly men in maintaining balance. **Result;** This posters IEC media will be disseminated to Physiotherapist and male elderly as an easy and practical guide for intervention. **Conculusion;** as a medium of education and information for physiotherapist and elderly men in intervening with calf raise to maintain balance.

Keywords: *Eldery, Calf Raise, Balance, Posters*