

***BENEFITS OF EXERCISE THERAPY TO REDUCE KNEE PAIN DUE TO  
OSTEOARTHRITIS IN ELDERLY PEOPLE WITH OBESITY***

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***SUMMARY***

**Background:** *The number of elderly is estimated to continue to increase every year. Indonesia is in a period of demographic transition which can be indicated by the existence of a population in 2005-2010 which has a population of approximately 19 million people, there is a number of elderly people as much as 8.5%. The population of overweight continues to increase in the population of older adults, 35% adjusts for obesity category, and it is found that almost 3 out of 4 elderly are obese. Obesity can affect the wear and tear of the cartilage of the lower extremities, this is due to the abnormal increase in body mass received by the knee, which has an impact on pain in the knee joint. Many therapies can be done to reduce pain in the knee joint due to osteoarthritis, one of which is exercise therapy. Exercise therapy is a physiotherapy modality with active and passive movement therapy methods that can be done when sick or healthy.* **Objective:** *To determine the making of Communication and Education Media (IEC) in the form of booklets in dealing with knee pain due to osteoarthritis due to obesity.* **Method:** *the method used is using IEC media, namely booklets as a tool for media promotion and information to the public.* **Result:** *The KIE booklet media will be disseminated by Posyandu and the general public.* **Conclusion:** *The output of IEC is in the form of booklets as a media for the promotion of communication, information, and education for the general public and physiotherapy health workers in reducing knee pain due to osteoarthritis in the elderly.*

**Keyword**

*Elderly, obesity, osteoarthritis, exercise therapy.*