

**THE APPLICATION OF ERGONOMIC GYMING TO REDUCE URIC
ACID LEVEL IN THE ELDERLY WITH GOUT ARTHRITIS IN
KEDUNG CABE VILLAGE**

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ABSTRACT

Background : Uric acid is a fairly dominant problem caused by the accumulation of crystals which are the end result of purine metabolism. The negative impact on the elderly with gout is caused by several factors, one of which is an uncontrolled diet and frequent consumption of foods that contain high purines, purines contained in foodstuffs, namely coffee, tea, offal. There is treatment for gout sufferers with non-pharmacological therapy, one of which is by providing ergonomic exercise. Ergonomic gymnastics is an easy and effective method of maintaining a healthy body. **Objective :** To describe the development of reducing uric acid levels in the elderly before and after ergonomic exercise in Kedung Cabe Village. **Method :** This type of research is a case study using descriptive research methods. **Results :** The results of this application there are differences in uric acid levels in Ny. T before the ergonomic exercise was given, the uric acid level was 7.3 after being given it became 4.4 mg/dl. While on Mrs. M before being given ergonomic exercise, the uric acid level was 7.5 after being given it became 5.6 mg/dl. **Conclusion:** There are differences in the decrease in uric acid levels in the elderly in Kedung Cabe Village before and after ergonomic exercise.

Keywords : *Gout, Elderly, Ergonomic Gymnastics*