

APPLICATION OF SLOW STROKE BACK MASSAGE THERAPY ON BLOOD PRESSURE IN HYPERTENSION ELDERLY

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ABSTRACT

Background; Elderly are individuals over 60 years of age. The aging process makes the elderly susceptible to disease. Degenerative diseases lead to disorders of the cardiovascular system, namely hypertension. The purpose of this application is to describe the results of the implementation of Slow Stroke Back Massage Therapy. ***Method;*** Research with descriptive research case studies observe events that have occurred. The subjects in the case study were two elderly clients with hypertension in Mesu Hamlet. The technique of applying Slow Stroke Back Massage therapy is carried out for 10 minutes with a frequency of three times a week with an interval of 1 day. ***Results;*** Blood pressure before being given Slow Stroke Back Massage therapy to Mrs. S is 165/100 mmHg while in Ny. N is 170/100 mmHg. Both respondents suffered from hypertension in the category of moderate hypertension. Blood pressure after being given therapy to Mrs. S is 150/80 mmHg while Mrs. N is 155/85 mmHg. Both respondents suffered from hypertension in the category of mild hypertension. ***Conclusion;*** There was decrease in blood pressure both respondents after the application of Slow Stroke Back Massage Therapy Blood Pressure in the Hypertensive Elderly.

Keywords: Elderly, Hypertension, Slow Stroke Back Massage Therapy