



## **THE EFFECT OF ACTIVE ROM KNEE EXERCISE WITH ICE COMPRESS ON REDUCING OSTEOARTHRITIS KNEE PAIN IN THE ELDERLY**

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### **ABSTRACT**

*Background: Osteoarthritis joint pain in the elderly is still often considered normal even though it is an obstacle to activity which if not treated immediately can interfere with the quality of life of the elderly and can cause pain conditions in the elderly. Active ROM knee exercise with ice compresses can reduce knee osteoarthritis pain. Objective: to determine the effect of active ROM knee exercise with ice compresses on osteoarthritis knee pain in the elderly. Methods: This research is quantitative experimental, using a Quasy Experimental approach, this research design uses Pre Post The Non-Equivalent Control Two Group Design with a total sample of 46 subjects divided into intervention groups and control groups of 23 subjects each. this research instrument uses questionnaires, interviews and VAS pain measurement. active ROM knee exercise intervention with ice compress is given twice a week for 4 weeks. Data analysis using Wilcoxon effect test and Mann Whitney effect difference test. Results: This study shows there is an effect on both groups between before and after the intervention, in the intervention group the VAS value ( $p=0.005$ ), while in the control group the VAS value ( $p=0.014$ ). There is a difference in influence between the two groups after the intervention of VAS value ( $p=0.002$ ). Conclusion: there is an effect on each group and there is a different effect on the two groups.*

*Keywords: knee pain, active ROM knee exercise with ice compress*