THE EFFECT OF *NEURODYNAMIC SLIDING* ON IMPROVING *HAMSTRING* MUSCLE FLEXIBILITY AND POSTURAL BALANCE IN THE ELDERLY AT THE ELDERLY POSYANDU MELATI DESA NGLANGON

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ABSTRACT

***Background**: Aging is followed by morphological changes, one of which is a decrease in hamstring muscle flexibility and postural balance. The prevalence of decreased hamstring muscle flexibility reaches 80% in the elderly, while the decline in postural balance reaches 32%-42%. Therefore, researchers provide neurodynamic sliding intervention to improve hamstring muscle flexibility and postural balance.* ***Objective**: Knowing the effect of neurodynamic sliding on improving hamstring muscle flexibility and postural balance in the elderly.* ***Methods**: This research is a quantitative study with a quasi-experimental type of research. The sample was 27 respondents with purposive sampling technique. Measurement of hamstring muscle flexibility using AKE and measurement of postural balance using the Step Test.* ***Results**: Based on the Wilcoxon Test using the active knee extension (AKE) measurement instrument, a significance value of 0.002 (p <0.05) was obtained and using the Step Test measurement instrument, a significance value of 0.012 (p <0.05) was obtained.* ***Conclusion**: there is an effect of neurodynamic sliding on increasing hamstring muscle flexibility and postural balance.*

***Keywords:** Hamstring; Neurodynamic Sliding; Flexibility; Postural Balance; Active Knee Extension; Step Test*