

## **FOOT MASSAGE DAN STRECHING UNTUK PENDERITA HIPERTENSI**

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### **SUMMARY**

*Background: Hypertension as a condition of systolic blood pressure greater than 140 mmHg and diastolic blood pressure of more than 90 mmHg based on two or more blood pressure measurements. Massage is a manipulation technique in which pressure is given by the hands to the soft tissues of the body, usually muscles, tendons and ligaments. , without causing a shift or change in joint position which aims to increase blood circulation, provide muscle relaxation, reduce pain, stretch muscles and increase oxygen in the body. Stretching is a way to provide flexibility to the muscles so that they can reduce the restrictions or tension caused by pain, that is, stretching is a simple physical activity. Stretching is an exercise to maintain and develop flexibility or flexibility. The purpose of communication, information and education media (IEC) in the form of a pocket book is to provide information about the importance of foot massage and stretching in reducing hypertension.*

*The benefits of communication, information and education (IEC) in the form of a pocket book are expected to add insight, knowledge about the importance of massage and stretching to reduce hypertension so that everyone can independently do massage and stretching to reduce hypertension.*

*In addition, for health practitioners, especially physiotherapy, it is hoped that it can be used as a means of health promotion, especially regarding massage and stretching to reduce hypertension.*

*Keywords: Hypertension, Massage, Stretching*