

**THE EFFECT OF THE COMBINATION OF QUADRICEPS SETTING EXERCISE AND THERABAND EXERCISE ON PAIN AND MUSCLE STRENGTH IN ELDERLY KNEE OSTEOARTHRITIS**

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**ABSTRACT**

**Background;** Osteoarthritis Knee conditions can affect impaired movement and function, including complaints of pain and decreased muscle strength. A combination of Quadriceps Setting Exercise and Theraband Exercise can be done to minimize problems that occur in the condition of Knee Osteoarthritis. **Purpose;** Know the effect of the combination of quadriceps setting exercise and theraband exercise on pain and muscle strength in elderly knee osteoarthritis. **Method;** This type of research is quantitative research with the Quasy Experimental method and research design using one group pre test-post test design without control group. The subject of 20 subjects. The instruments in this study used questionnaires, interviews, and pain measurements using VAS and muscle strength with MMT. The intervention used a combination of quadriceps setting exercise and theraband exercise was carried out 2 times a week for 4 weeks. **Result;** The results of this study showed an influence in both groups, before and after the intervention, on pain examination with VAS and muscle strength examination with MMT in both groups many experienced decreased pain and increased muscle strength. **Conclusion;** there is an effect of the intervention given to the experimental group.

**Keywords:** Quadriceps Setting Exercise and Theraband Exercise, Osteoarthritis