

**THE EFFECT OF HEEL TO TOE WALK EXERCISE ON BALANCE IN
THE ELDERLY AT THE ELDERLY POSYANDU TANJUNG JARAK
VILLAGE SUKOHARJO**

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ABSTRACT

Background: Aging is a process that every human undergoes, and the aging process is the last human life where at this time the heart, blood vessels, lungs, nerves and other body tissues decrease. Common problems that are usually experienced in the elderly, one of which is balance disorders. The decrease in balance will have an impact on the higher risk of falling in the elderly. **Purpose:** To determine the effect of giving Heel to Toe Walk Exercise on balance in the elderly. **Method:** The type of research used in this thesis is Quasi experimental one group test design with pre test and post test. With a total sample of 28 subjects. Research instruments using Timed measuring instruments 28 subjects. The research instrument uses the Timed Up and Go Test measuring instrument. Heel to Toe Walk Exercise intervention is done 3 times a week in 4 weeks. Data analysis using the Wilcoxon effect test. **Results:** The results of this study indicate that there is an effect of giving Heel Toe Walk Exercise on balance in the elderly ($p=0.004$). **Conclusion:** There is an effect on the administration of Heel Toe Walk Exercise on balance in the elderly.

Keywords: Heel Toe Walk Exercise, Elderly, decreased body function.