

**EDUCATING ELDERLY ON ERGONOMIC EXERCISES AS AN EFFORT  
TO LOWER URIC ACID LEVELS  
USING VIDEO MEDIA**

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**SUMMARY**

**Background:** *There are 72.7 million elderly individuals in Indonesia. Increased uric acid levels can cause pain and heat sensation in the joint areas. Ergonomic exercises are used as non-pharmacological alternative treatments that can reduce uric acid levels. Ergonomic exercises is combination of muscle and breathing so as to facilitate the removal of combustion residue to lower uric acid levels. According to research conducted on 16 respondents before performing ergonomic exercises, the highest uric acid level recorded was 7.19 mg/dl. After being given ergonomic exercises, the uric acid level decreased to 5.73 mg/dl, indicating an effect on reducing uric acid levels.* **Method:** *Using a video titled "Effective Tips for Lowering Uric Acid Levels with Ergonomic Exercises" as an educational medium, it was chosen to provide health information to the elderly in implementing ergonomic exercises.* **Results:** *The outcome produced is a video serving as an educational medium for the elderly, facilitating their implementation of ergonomic exercises to lower uric acid levels.* **Conclusion:** *The video titled "Effective Tips for Lowering Uric Acid Levels with Ergonomic Exercises" is created to provide knowledge and motivation for elderly individuals with uric acid problems can make ergonomic exercises activities as routine.*

**Keywords:** *Elderly, Uric Acid, Ergonomic Exercises*