

**APPLICATION OF *EXERCISE RANGE OF MOTION (ROM)* TO PAIN
INTENSITY IN POST EXTERMITY FRACTURE SURGERY PATIENTS
AT PANDAN ARANG BOYOLALI HOSPITAL
IN THE BINAHONG ROOM**

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ABSTRACT

Background; The World Health Organization (WHO) in 2019 stated that the incidence of fractures is increasing, it has been recorded that fractures have occurred in approximately 15 million people with a prevalence rate of 3.2%. Fractures in 2017 there were approximately 20 million people with a prevalence rate of 4.2% and in 2018 it increased to 21 million people with a prevalence rate of 3.8% due to traffic accidents. Fractures can cause physical and psychological disorders in a person so that they can cause pain. One way to deal with non-pharmacological pain is the Range Of Motion (ROM) technique. **Objective;** Knowing the results of implementing Exercise Range of Motion (ROM) in postoperative patients with extremity fractures on pain intensity. **Method;** This implementation method uses a descriptive method. **Results;** The results of the application showed that there was an effect of reducing pain intensity with the ROM technique in patients with postoperative extremity fractures. **Conclusion;** There was a decrease in the pain scale before and after the Range Of Motion technique was performed in postoperative patients with extremity fractures.

Keywords: Pain Intensity, Range Of Motion, extremity fracture