

**APPLICATION OF MIRROR THERAPY TO IMPROVE MUSCLE  
STRENGTH IN STROKE PATIENTS IN THE ANGGREK 2 ROOM RSUD  
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**ABSTRACT**

**Background:** Stroke is a health problem where an estimated 500 thousand Indonesians suffer a stroke every year. The impact caused by a stroke, in the form of hemiparesis (weakness) and hemiplegia (paralysis) is a form of motor deficit. This is caused by motor neuron disorders with the characteristics of loss of voluntary movement control (conscious movement), movement disorders, limited muscle tone, and limited reflexes. **Objective:** To find out the results of implementing mirror therapy to increase muscle strength in stroke patients in the Orchid Room 2 Dr.Moewardi Hospital. **Methods:** descriptive study using a case study, this application measures muscle strength prior to therapy, then mirror therapy is given and after completion of muscle strength is measured again on the 7th day (1 week). Mirror therapy is carried out 1 time/day, each time the therapy is carried out for 2 sessions, 15 minutes each and there is a 5 minute break between sessions. **Results:** there was a difference in the increase in muscle strength in the two respondents after being given a mirror therapy intervention for four days and six days in a row where the increase in muscle strength in Mrs.D was faster than Mrs.P. This was influenced by age and history of hypertension experienced by Mrs.P. **Conclusion:** there is an increase in muscle strength after mirror therapy.

**Keywords:** Stroke, Muscle Strength, Mirror Therapy