

**THE EFFORTS TO IMPROVE MUSCLE STRENGTH
EXTREMITIES IN POST-STROKE PATIENTS
THROUGH EDUCATIONAL VIDEO MEDIA**

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SUMMARY

Background : Stroke is one of the leading causes of death and disability worldwide. Based on the Sragen Regency Health Office report in 2023 the incidence of stroke was 4.428 people. Stroke is disease that affects blood circulation. This can affect brain function, leading to complications of functional impairment, impaired mobility and daily activities. Stroke management can be treated by non-pharmacological way, one of which is Range Of Motion (ROM). **Purpose :** Providing educational videos about Range Of Motion (ROM) exercises aims to enable patients to independently perform Range Of Motion (ROM) which can increase the muscle strength of post-stroke patients. **Method :** The method used in this education was through video media. Video media could be used as community education, especially for families who have stroke with Range Of Motion (ROM) movements. **Result :** The result of this education were expected that the community, especially stroke patients, can perform Range Of Motion (ROM) actions. **Conclusion :** Video media could be used as educational media that provides information related to increasing muscle strength in post-stroke patients with non-pharmacological therapy.

Keywords: Muscle Strength, Range Of Motion (ROM), Stroke, Video