APPLICATION OF RUBBER BALL ROM EXCERCISE TO INCREASE IN UPPER EXTREMITY MUSCLE STRENGTH OF STROKE PATIENTS AT RSU PKU MUHAMMADIYAH DELANGGU

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ABSTRACT

Background: *Stroke is a condition that occurs when the blood supply to the brain is disrupted due to blockage or rupture of cerebral blood vessels. 70-80% of stroke patients experience hemiparesis. The prevalence of stroke in the Ar Fahrudin ward of PKU Muh. Delanggu Hospital in May was 39 cases. Rubber ball ROM Excercise is one of the non-pharmacological therapies that can be chosen to overcome hemiparesis.* ***Objective:*** *Describe the results of the comparison of muscle strength before and after the application of ROM exercise rubber balls.* ***Method****: This research is a descriptive case study, the research respondents were 2 stroke patients with hemiparesis by measuring muscle strength before and after the rubber ball ROM exercise.* ***Results:*** *There was an increase in upper limb muscle strength in both respondents from scale 3 to scale 4* ***Conclusion:*** *After the application of the rubber ball ROM excercise to Mrs. P and Mrs. T there was an increase in upper limb muscle strength. This shows that rubber ball ROM exercise can increase the muscle strength of the upper extremities of stroke patients.*

Keywords: Muscle Strength, ROM Exercise Rubber Ball, Stroke