

EFFORTS TO INCREASE KNOWLEDGE ABOUT ROM (RANGE OF MOTION) TO INCREASE MUSCLE STRENGTH THROUGH BOOKLET MEDIA

Thoriq Rafikansyah, Ika Silvitasari, M.Kep

trafikansyah@gmail.com

Nursing Diploma III Study Program
University of 'Aisyiyah Surakarta

ABSTRACT

Background: A stroke can occur if the blood vessels that carry blood to the brain are blocked or due to a circulatory disorder of the blood vessels that drain blood to the brain. If not treated immediately, it will cause new problems for the sufferer, one of the consequences that arises is the weakening of the body's extremitt muscle weakness system. Management of stroke patients in the form of pharmacological and non-pharmacological. To overcome this problem, there is an effort called Range Of Motion (ROM) movement therapy. **Objective:** to increase muscle strength in stroke patients as a non-pharmacological therapy that is easy to apply by the community, especially stroke patients. **Methods:** Using a Booklet on Range Of Motion (ROM), on the healing of stroke and muscle weakness in respondents. **Results:** It was obtained that before being given education about the provision of Range Of Motion (ROM) therapy through booklet media, almost all respondents did not know. After being educated about Range Of Motion (ROM) therapy to increase muscle strength, respondents already understood the content of the material in the booklet. **Conclusion :** ROM movement booklets can provide exclusive information on how to improve muscle strength in stroke patients through smartphones.

Keywords : Stroke, Muscle Strength, Range Of Motion (ROM), Media **Booklet**