

IMPLEMENTATION OF ERGONOMIC EXERCISES TO REDUCE URIC ACID LEVELS IN ELDERLY WITH GOUT ARTHRITIS IN JOYOTAKAN VILLAGE, SERENGAN DISTRICT, SURAKARTA CITY

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ABSTRACT

Background: Gout arthritis often occurs in the elderly, it is characterized by hyperurycemia or an increase in uric acid in a person's body. Indonesia is one of the countries with the highest number of people suffering from gout arthritis, and the disease is mostly affected by the elderly. The high incidence of gout arthritis is believed to be due to increased drug use over a very long period of time. Symptoms that arise include pain in the extremities and uncomfortable sensation of pain that interferes with the activity. **Objective:** Aim to know the results of implementation in all 2 respondents in the ergonomic exercise in the elderly Gout arthritis. **Method:** Descriptive research design with case study approach, performed on 2 respondents. **Results:** Before the application of ergonomic exercises high risk of hyperurycemia, after the administration of Ergonomic exercise once daily with a duration of 10 minutes in 3 days. **Conclusion:** There is an effect of ergonomic exercise on uric acid levels in the elderly with gout arthritis.

Keywords: Ergonomic exercise, Uric acid, Elderly