

IMPLEMENTATION OF RETROWALKING EXERCISE TO REDUCE PAIN WITH KNEE OSTEOARTHRITIS IN ELDERLY

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SUMMARY

Background: *Decreased musculoskeletal function is caused by decreased physiological function due to increasing age. As age increases, the body will experience decreased body strength so that it will be susceptible to degenerative diseases, such as osteoarthritis knee. Osteoarthritis knee is a progressive joint inflammation that causes progressive damage to the cartilage. Patients with osteoarthritis knee will complain of pain when doing physical activities that cause mobility to be hampered.* **Objective:** *To increase knowledge, especially for the elderly with Osteoarthritis Knee using Retrowalking Exercise.* **Method:** *The IEC media chosen is a booklet as an IEC media because it is packaged with a brief explanation and clear and interesting illustrations.* **Results:** *The booklet entitled "Retrowalking Exercise to Reduce Pain Due to Osteoarthritis Knee in the Elderly" contains information about osteoarthritis knee and retrowalking exercise.* **Conclusion:** *The booklet entitled "Retrowalking Exercise to Reduce Pain Due to Osteoarthritis Knee in the Elderly" was chosen as a health promotion media targeting the elderly with osteoarthritis knee.*

Keywords: *Elderly, Osteoarthritis Knee, Retrowalking Exercise*