

***RHEUMATIC EXERCISE EDUCATION AS AN EFFORT TO REDUCE  
JOINT PAIN IN ELDERLY PATIENTS WITH RHEUMATOID  
ARTHRITIS THROUGH VIDEO MEDIA***

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***SUMMARY***

***Background:*** The increasing elderly population in Indonesia has led to a rise in degenerative diseases such as Rheumatoid Arthritis (RA). According to WHO (2023), approximately 18 million people worldwide live with RA. In Indonesia, cases increased from 16,679 in 2021 to 23,711 in 2022. One of the main symptoms of Rheumatoid Arthritis is chronic joint pain, which can significantly reduce the quality of life among the elderly. Pharmacological therapy carries risks of side effects, making non-pharmacological approaches like rheumatic exercise a safer and more effective option. ***Objective:*** This video was developed to provide education about rheumatic exercise as a non-pharmacological method to reduce joint pain in elderly individuals with Rheumatoid Arthritis. ***Method:*** The video was edited using Canva and CapCut, and includes animations to help elderly viewers better understand the content. ***Results:*** The video contains information about rheumatic exercise, including its definition, benefits, indications and contraindications, recommended timing and tools, as well as step-by-step instructions. ***Conclusion:*** This video is expected to serve as an effective educational tool to help the elderly manage joint pain independently, raise awareness of the importance of physical activity, and improve their quality of life.

***Keywords:*** Joint pain, Rheumatoid Arthritis, rheumatic exercise, video