

**THE APPLICATION OF PROLANIS EXERCISES TO
REDUCE BLOOD PRESSURE IN HYPERTENSIVE
PATIENTS IN GONDANGREJO**

Nanda Gita Pratiwi¹, Mulyaningsih²

npratiwi586@gmail.com

Program Studi Diploma III Keperawatan

Universitas 'Aisyiyah Surakarta

ABSTRACT

Background: Hypertension is a condition where a person's blood pressure is above normal limits. It is said to be hypertension if the systolic blood pressure is >140 mmHg and the diastolic is >90 mmHg. According to WHO, hypertension in 2023 the number of people with hypertension has almost doubled over the past three decades to 1.3 billion. Gondangrejo Health Center has made efforts to treat hypertension by administering blood pressure medication during routine check-ups and a hypertension exercise program every Friday morning once a month. **Objective:** To determine the results of the application of prolanis gymnastics on reducing blood pressure in hypertension patients in the Gondangrejo area. **Method:** This type of research uses a case study. **Results:** blood pressure before the application of Mrs. G 152/98 MmHg (Grade 1 hypertension) and blood pressure after the application of Mrs. G 134/84 (high normal), blood pressure before the application of Mrs. D 151/95 MmHg (Grade 1 hypertension) and after the application of Mrs. D 138/88 MmHg (high normal). **Conclusion:** there was a decrease in blood pressure in Mrs. G and Mrs. D after the application of prolanis gymnastic.

Keywords: Hypertension, Blood Pressure, Prolanis Gymnastics