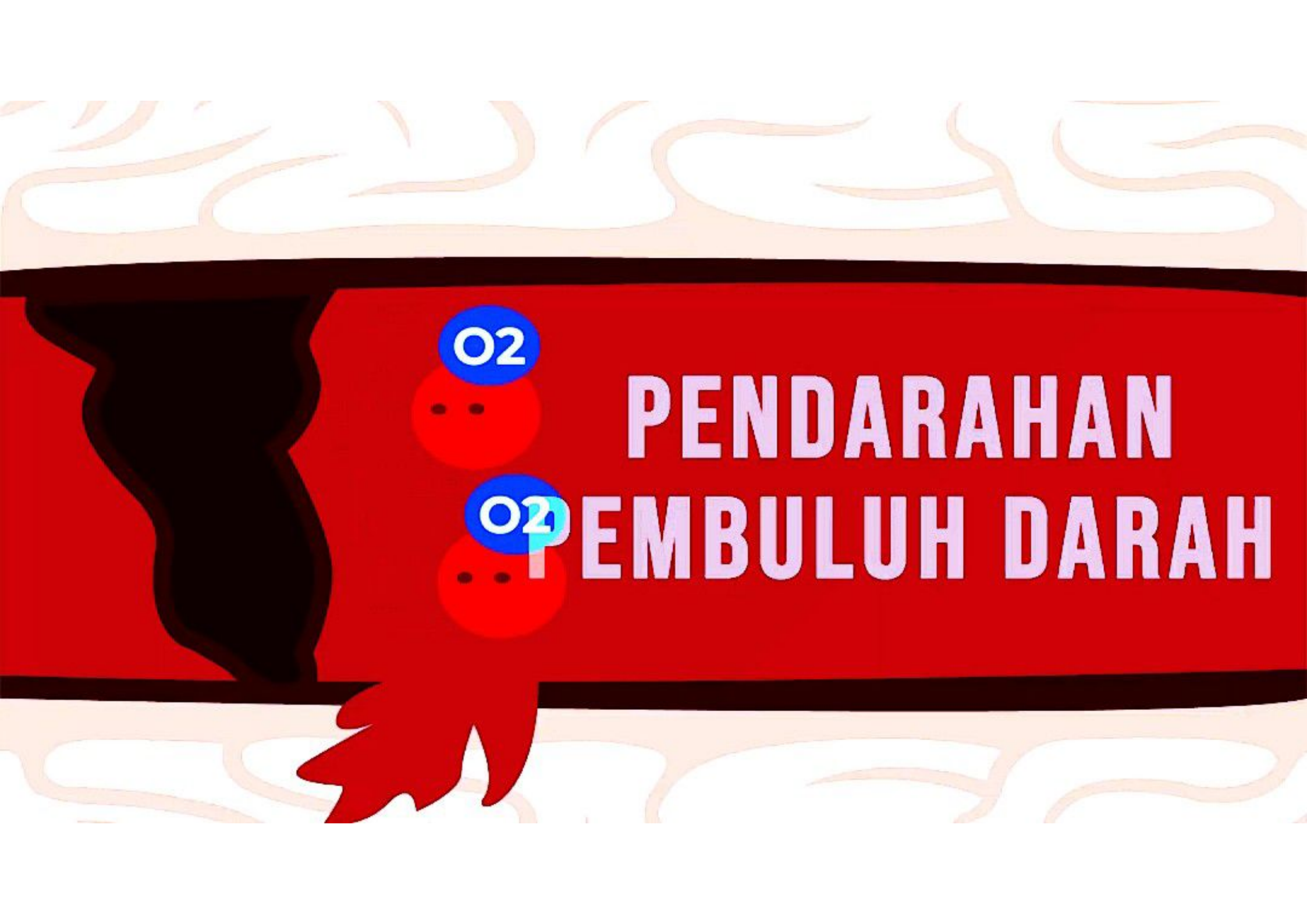


LATIHAN MUDAH, HASIL MAKSIMAL : TERAPI BOLA KARET UNTUK STROKE

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UNIVERSITAS 'AISYIYAH SURAKARTA





The diagram illustrates a cross-section of a blood vessel. The vessel lumen is on the left, colored dark red. The vessel wall is a lighter red. A large, irregular tear is shown on the left side of the vessel wall, with a dark red, jagged shape representing the leaked blood. To the right of the tear, two red circles represent blood cells. Each circle has two small black dots for nuclei. Above each red circle is a blue circle containing the text 'O2'. The background is a light beige color with wavy lines representing tissue.

O₂

O₂

**PENDARAHAN
PEMBULUH DARAH**

An illustration of an elderly woman with grey hair in a bun, wearing an orange long-sleeved shirt and blue pants, sitting on the edge of a bed. She has a sad expression. The room has a teal wall, a window showing a landscape with clouds and mountains, and a floor lamp with a yellow shade. A white sign with black text is placed in front of her.

**MENGAPA TERAPI
PENTING SETELAH
STROKE?**

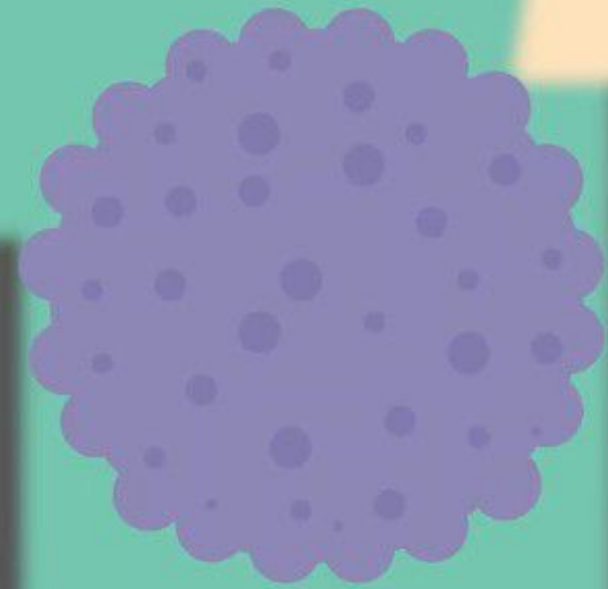
APA ITU TERAPI GENGGMAM BOLA KARET?



**MENGUATKAN OTOT TANGAN DAN MENINGKATKAN
MOTORIK HALUS**

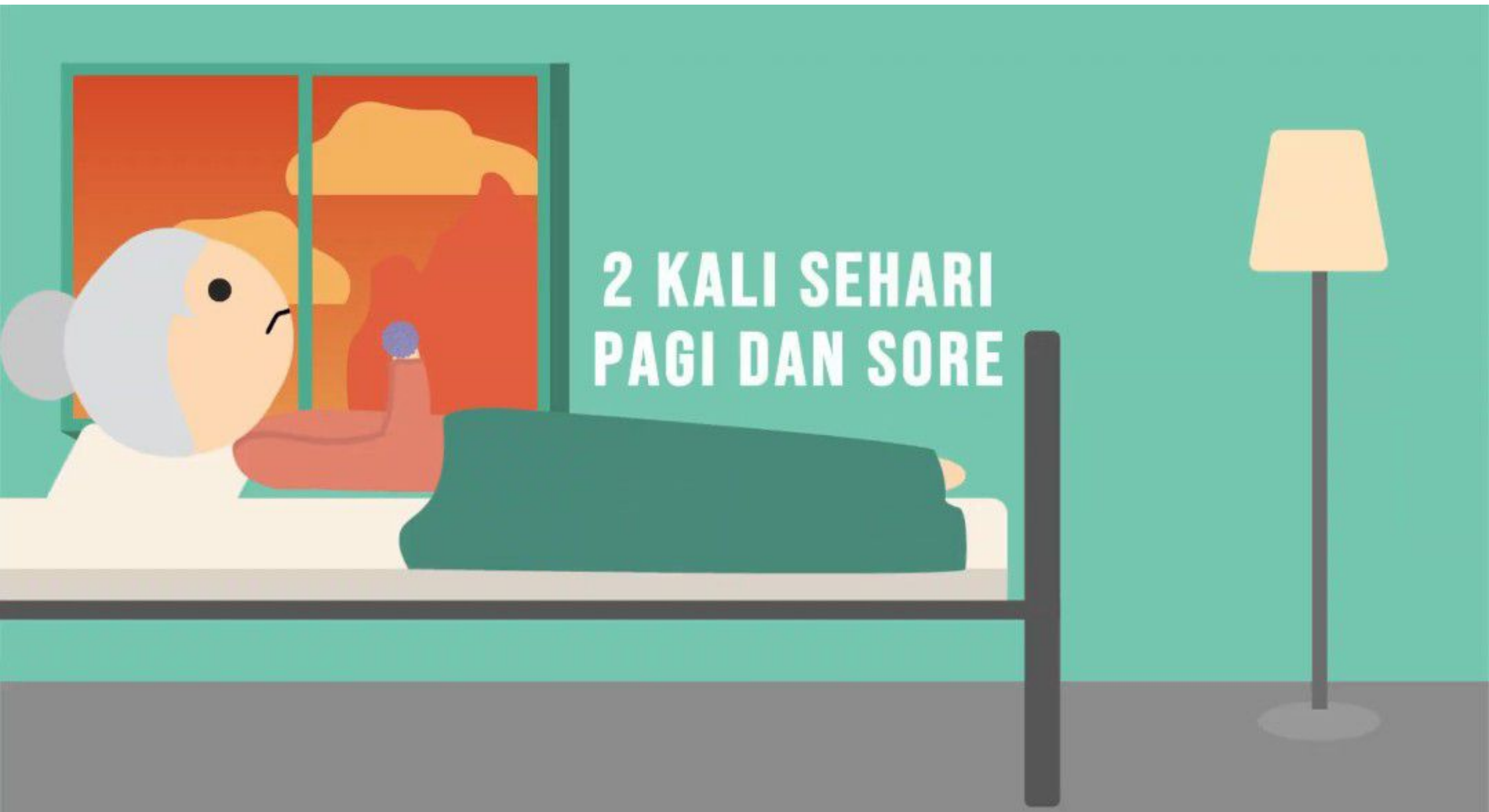
MANFAAT TERAPI GENGAM BOLA KARET?

- A. MERANGSANG MOTORIK TANGAN**
- B. MENINGKATKAN ATAU MEMPERTAHANKAN RENTANG GERAK (ROM)**
- C. MENINGKATKAN MASSA DAN TONUS OTOT**
- D. MENSTIMULASI SENSORIK TANGAN**
- E. MENINGKATKAN AKTIVITAS OTAK (SENSORIK & MOTORIK)**



ALAT & BAHAN





**2 KALI SEHARI
PAGI DAN SORE**