

***APPLICATION OF A COMBINATION OF CLOSE KINETIC CHAIN AND
THERABAND EXERCISE TO IMPROVE MUSCLE STRENGTH IN
ELDERLY PEOPLE WITH KNEE OSTEOARTHRITIS***

Nurlisa prasasti, Alinda Nur Ramadhani

nurlisa.prasasti@gmail.com

Universitas 'Aisyiyah Surakarta

SUMMARY

Background: The aging process is a life process that cannot be avoided and will be experienced by every human being. Aging or getting old is a phase when tissue gradually loses its ability to repair, replace, or maintain its normal function. A person is said to be elderly when they reach the age of 60 years and above. One of the physical changes that occur in the elderly is in the musculoskeletal system, namely Osteoarthritis knee. Osteoarthritis knee is a degenerative joint disease that includes cartilage damage. Common problems that arise are pain, limited range of motion of the joints, decreased muscle strength and decreased mobility and functional ability in the knee. **Objective:** Creation of Communication, Information, and Education (KIE) Media regarding "Application of Close Kinetic Chain and Theraband Exercise Combination to Increase Muscle Strength in the Elderly with Osteoarthritis Knee". **Method:** The method used uses KIE media, namely Video as a tool for promotional media and information to the public. **Results:** The KIE media in the form of Video will be distributed on YouTube for the elderly or for parents who experience osteoarthritis knee. **Conclusion:** KIE media is used for promotional media, educational information communication to the elderly regarding "Application of Close Kinetic Chain and Theraband Exercise Combination to Increase Muscle Strength in the Elderly with Osteoarthritis Knee".

Keywords: Close Kinetic Chain, Theraband Exercise, Osteoarthritis Knee, Elderly