

THE EFFECT OF SHORT FOOT EXERCISE ON IMPROVING DYNAMIC BALANCE IN THE ELDERLY

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ABSTRACT

Background: As age increases, human body functions decrease, especially in the elderly. Balance is the ability to maintain body position when placed in various positions Short foot exercise is a sensory motor exercise that activates the intrinsic muscles of the foot that actively form the longitudinal and horizontal arches. **Method:** This type of research uses a quasi-experimental method with a one-group pretest and posttest research design, which means that measurements are taken before and after treatment. **Results:** The results of the Wilcoxon test show a p Value = 0.000 (p value <0.005), then H₀ is rejected and H_a is accepted, so it can be concluded that the provision of Short foot exercise affects the improvement of dynamic balance in the elderly. **Conclusion:** There is an effect of Short foot exercise on improving dynamic balance in the elderly.

Keywords: Short leg exercise; Dynamic balance; Elderly