

# ***ACTIVE RANGE OF MOTION (AROM) AS AN EFFORT TO INCREASE PHYSICAL ACTIVITY OF THE ELDERLY THROUGH VIDEO MEDIA***

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## ***SUMMARY***

**Background:** *The elderly population experiences a decline in physical function that impacts health and quality of life. In Indonesia, of the 29 million elderly (11.75% of the population), 52.8% have insufficient physical activity which can lead to cognitive decline, dementia, sleep disturbances, and increased risk of non-communicable diseases. Active Range of motion (AROM) exercises have been shown to be effective in improving muscle strength, flexibility, and mobility of the elderly with low risk of injury. Objective: Produce Communication, Information, and Education (IEC) media in the form of educational videos as an effort to increase the physical activity of the elderly with active range of motion (AROM). Methods: Development of IEC media in the form of educational videos with theoretical content about AROM, elderly, benefits of AROM exercises, indications and contraindications, and AROM exercise procedures. Results: The educational video is 11 minutes 18 seconds long with a size of 459 MB which can help the elderly understand the AROM exercise procedure independently. Conclusion: Take Care of Joints Take Care of Yourself: Active Range of Motion (AROM) Techniques for Elderly Movement Health" proved to be effective as an educational tool in increasing the physical activity of the elderly about AROM exercises.*

**Keywords:** *Active Range of Motion, Education, Elderly, Physical Activity, Video*