

**DIFFERENCE IN THE EFFECT OF WARM COMPRESS  
THERAPY AND MASSAGE ON INTENSITY OF PAIN  
KNEE OSTEOARTHRITIS IN ELDERLY IN  
POSYANDU LANSIA RW.21 KAMPUNG  
GULON JEBRES SURAKARTA**

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**ABSTRACT**

**Introduction :** *osteoarthritis* Knees is a degenerative disease in the knee joint because of the abrasion of joint cartilage and the formation of new bone on the joint surface which is capable of causing weakness of muscles and tendons thus limiting motion and causing pain, as for physiotherapy modalities used to reduce pain, such as warm compresses and *massage*. **Objective :** To determine the differences in the effect of warm compress therapy and *massage* on changes in the intensity of pain *osteoarthritis* knee in the elderly. **Method :** This study uses *Quasy Experiment* with design *pre and post two groups design*. Sampling with *purposive sampling* with a total of 40 patients. **Results:** The results of testing the effect of using the *Wilcoxon* is obtained for a warm compress (p) = 0.008 < 0.005, while the *massage* is obtained (p) 0.000 < 0.005, which means there are significant warm compresses and *massage* to changes in the intensity of pain *osteoarthritis*, the results of different test the effect of using *mann-whitney* obtained results (P) 0,000 < 0,005, which means that there are differences in the influence of warm compresses and *massage* on changes in the intensity of pain *osteoarthritis*. **Conclusion :** There are differences in the effect of warm compress therapy and *massage* on changes in the intensity of pain *osteoarthritis* in the elderly.

**Keywords:** *Osteoarthritis* Knee, Warm compresses, *Massage*