

**THE EFFECT OF GIVING *FREE ACTIVE EXERCISE* TO
INCREASING *RANGE OF MOTION (ROM)* OF ELDERLY WITH
OSTEOARTHRITIS KNEE IN POSYANDU LANSIA SENJA
SEJAHTERA RW 23 JEBRES
SURAKARTA**

Miftah Rosyid Fathin *, Maskun Pudjianto **, Danang Tunjung Laksono ***
miftahdomino@gmail.com
STIKES 'Aisyiyah Surakarta

ABSTRACT

Background; The aging process is processes *physiological* experienced by humans and can reduce all organ functions, one of which is in the system *musculoskeletal* which can cause limited mobility, usually a decrease in synovial fluid production, in joints and muscle tone of joint cartilage. The most common joint disorders in Indonesia are *osteoarthritis* (50-60%). The age of the most experienced *osteoarthritis* knees is at the age of 56-65 years or more. *Osteoarthritis* causes pain when doing activities. The modalities of physiotherapy that can be given are *free active exercise*, because this exercise is easy and does not incur a lot of costs for the community. **Aim;** To determine the effect of *Free Active Exercise* on an increase in *Range of Motion* in elderly *osteoarthritis* knee at the Posyandu Lansia Senja Sejahtera Rw 23 Jebres Surakarta. **Method;** Method *Pre-Experimental* with techniques *One-Group Pre Test* and *Post Test Design*. Samples were taken using *Simple Random Sampling* with 20 respondents. This research instrument uses a goniometer. **Results;** The results of the influence *Wilcoxon test* revealed that the *range of motion* of the knee joint before and after being given a *free active exercise* was obtained significance of $p: 0,000$ ($p < 0.05$). **Conclusion;** There is an influence of *Free Active Exercise* on increasing the *Range of Motion* of the elderly knee joint at the Posyandu Lansia Senja Sejahtera Rw 23 Jebres Surakarta.

Keywords: *elderly, osteoarthritis, free exercise*