

**THE EFFECT OF GIVING OTAGO HOME EXERCISE PROGRAMME FOR  
REDUCING RISK OF FALLS ON ELDERLY IN PANTI 'AISYIYAH  
SUMBER BALUARTI SURAKARTA**

Muhammad Pamungkas Adi Surya\*, Rina Sri Widayati\*\*, Yudha Wahyu  
Putra\*\*\*

[pamungkassurya1@gmail.com](mailto:pamungkassurya1@gmail.com)

STIKES 'Aisyiyah Surakarta

**ABSTRACT**

**Background;** As you get a lot of changes happening on the elderly one decline in physiological functions resulting in the occurrence of degenerative disorders namely decrease in function of the balance and increase the risk of falling. Figures for the incidence of falls in patients with age of 65 years are more than 30%, and the age of more than 80 years of 50% each year. One of the modalities of physiotherapy in this case with the awarding of the exercise. Otago Home Exercise Programme is a programme of exercises for the elderly specifically designed to reduce the incidence of falls, with increasing power of lower limbs, improving balance and providing walking exercises. **Aim;** Knowing the effect of otago home exercise program on reducing the risk of fall in the elderly. **Method;** Quantitative research the type of pre-experimental design techniques with one group pre test and post test design. Sampling techniques in the study using a simple random sampling, with 17 elderly as respondents. Instrument research using TUG (Time Up and Go Test). **Results;** The Wilcoxon test results revealed that the data from the TUG values before and after the otago home exercise program acquired a significance of  $p=0.025$  ( $p<0.05$ ). **Conclusion;** There is an effect of giving otago home exercise programme to reduce the risk of falling in the elderly at Panti 'Aisyiyah Sumber, Baluarti, Surakarta.

**Keywords;** Risk of falling, elderly, time up and go test, otago home exercise program.