

## **ABSTRACT**

### ***Implementation of the Rom (Range of Motion) Arm Exercise Increases Muscle Strength in Post-Stroke Patients In Ny. S In the Village Kusumodilagan Joyosuran Urban Surakarta***

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**Background:** Stroke is a condition that occurs when blood supply to a part of the brain is suddenly disturbed, because some brain cells experience death due to disruption of blood flow due to blockage or rupture of blood vessels of the brain. Active and passive exercises / ROM (Range of Motion) is a human need to perform movements where the movement is done freely. Active and passive exercises / ROM can be done anytime where the physical state is inactive and adjusted to the patient's condition. **Goal** To increase muscle strength in post-stroke patients about arm ROM exercises in post-stroke patients In Ny. S In the Village Kusumodilagan Joyosuran Urban Surakarta, Jawa Tengah. **Method:** Research using Case Study. **The result.** From the results of the study conducted for 8 times within 2 weeks showed differences before and after performed Range Of Motion (ROM) active arm on the first day and eighth has been done application of arm exercises ROM get the results of respondents have increased muscle strength with Add 1 score. **Conclusion:** Conclusion: After the implementation of arm exercises ROM an increase in muscle strength in Ny. S who was in the village of kusumodilagan. **suggestion:** Each health worker, especially nurses and other medical teams should apply the Range Of Motion Exercise Arm Increases Muscle Strength in Post-Stroke Patients.

**Keywords:** Application of range of motion exercise, muscle strength, stroke  
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