

Dyna Apriyandari NIM B2015040 Diploma 3, Nursing	Advisor 1. Anjar Nurrohmah, S.Kep., Ns., M.Kep 2. Kanthi Suratih, S.Kep., Ns., M.Kes
PASSIVE EXERCISE (STRECHTING) TO DECREASE THE PAIN OF KNEE JOINT FOR PATIENTS WITH RHEUMATICS: Case Study of Mrs L and Mrs S in Urban Village Kratonan Surakarta	
ABSTRACT	
<p>Background: Rheumatics is a chronic inflammatory system disease attacks the joints. Patients with rheumatics usually complain of pain when doing excess activity. Pain is an important symptom sign indicates the occurrence of physiological disorders. One of non-pharmacological technique can reduce joint pain of rheumatic sufferers such as doing passive exercises (stretching). Passive exercise (stretching) is an exercise performed to increase the production of synovial fluid and increase the flexibility of muscles and joints. Aims: This study aims to describe the effectiveness of passive (stretching) exercise to reduce the scale of knee joint pain of elderly patients with rheumatic diseases in Kratonan Surakarta. Method: This study used descriptive research, where the measurements of pain scale conducted before and after the passive exercise (stretching). Results: There was no decrease pain scale point in both respondents with rheumatics after passive stretching for 6 times in 2 weeks. Conclusion: The passive exercise (stretching) has no influence in decreasing the scale of pain in both respondents.</p>	
Keywords : <i>Passive exercise (Stretching), Joint Pain, Rheumatic.</i>	