

**ACTIVE MOTION APPLICATION OF ACTIVITIES RANGE OF MOTION
(ROM) INCREASING THE STRENGTH OF TOP EXTREMITY MUSCLE IN
ELDERLY IN KEBONSO PULISEN BOYOLALI**

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ABSTRACT

Background: In elderly age of 360,000 people who experienced muscle and skeletal diseases ranked the second highest with impaired muscle weakness and joint disease reaching 680 cases in 2017 spread in the Boyolali regency area. The high disease of muscle weakness is due to physiological changes regarding changes in muscle structure and size of muscle fibers. As well as morphological changes regarding changes in muscle size that diminish and lose strength, flexibility and endurance. Management of increased muscle strength can be done by means of tools, relaxation, regular exercise and range of motion exercises. Range of motion exercises are exercises to maintain or improve the level of perfection of the ability to move joints normally and completely to increase muscle mass and muscle tone. M. Rasyid Ridha (2015) stated, where the results showed that there was an increase in intermediate muscle strength before exercise and after Range of Motion (ROM) exercises in the upper limb muscles which increased the flexibility of upper extremity muscles by 73.3%. **Objective:** To describe the implementation of the action of giving exercise Active Range of Motion Against the Strength of Upper Limb Muscles in the Elderly at Kebonso Pulisen Boyolali. **Method:** To descriptive research method with a mixture of case studies. **Results:** The results of increased muscle strength after applying the range of motion active exercises to Mrs. N value of muscle strength becomes 4, Ny. S value of muscle strength becomes 4. **Conclusion:** There was an increase in muscle strength in both respondents with muscle weakness after applying the range of motion active exercises in Kebonso Pulisen Boyolali.

Keywords: Muscle Strength, Muscle Weakness, Active Motion Range