THE APPLICATION OF RESISTANCE BAND EXERCISE TO INCREASE LOWER EXTREMITY MUSCLE STRENGTH IN THE ELDERLY

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SUMMARY

Background: Decreased lower extremity muscle strength is one of the problems that often occur in the elderly and contributes to an increased risk of falling. Weakness of limb muscles causes balance disorders and a decrease in functional ability in daily activities. One of the interventions that can be done to increase the strength of the lower extremity muscles is resistance band training. The use of resistance bands provides progressive loads that are able to stimulate muscle contraction effectively, so that it can increase muscle strength and body stability. **Objective**: To increase knowledge for the elderly about the application of resistance band exercises to increase lower extremity muscle strength as an effort to reduce the risk of falling. **Method**: KIE media in the form of educational videos are made based on literature reviews and scientific journals. The video shows some Resistance Band Exercise movements. The video was tested on 3 elderly respondents in Pilang Village, Masaran, Sragen. **Results**: Educational activities with video media show an increase in the knowledge of the elderly about resistance band training. The elderly better understand the purpose, benefits and how to do resistance band exercises. **Conclusion**: As a media for promotion, information and education for the elderly about "The Application of Resistance Band Exercises to Increase the Strength of the Lower Extremity Muscles as in the Elderly".

Keywords: Resistance Band, Lower Extremity Muscle Strength, Elderly