IMPLEMENTATION OF LOCOMOTION TRAINING TO IMPROVE PHYSICAL FUNCTION & QUALITY OF LIFE IN ELDERLY PATIENTS WITH RHEUMATOID ARTHRITIS

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SUMMARY

Background: *Elderly is the final stage of human development characterized by various physiological, psychological, and social changes that can increase the risk of health problems, one of which is rheumatoid arthritis. Rheumatoid arthritis is a chronic autoimmune disease that causes joint inflammation, pain, decreased physical function, and decreased quality of life, especially in the elderly. The increase in the number of elderly in Indonesia is directly proportional to the increasing prevalence of rheumatoid arthritis, so that appropriate treatment is needed. One non-pharmacological intervention that can be done is physiotherapy through physical exercise. Locomotion training is an exercise that combines elements of strength and balance that is simple, safe, and effective to improve the physical function of the elderly.* ***Objective:*** *To increase knowledge for the elderly regarding the application of Locomotion training to improve physical function and quality of life of the elderly with rheumatoid arthritis.* ***Method:*** *The method used in KIE media is Video. Video was chosen as a medium because it has several advantages. The video was made by paying attention to the guidelines from the University of ‘Aisyiyah Surakarta.* ***Results:*** *Printed media used in IEC in the form of video can be distributed directly to the elderly.* ***Conclusion:*** *Educational media in the form of locomotion training videos can be an effective means of increasing the elderly's understanding of safe and independent physical exercise. The application of locomotion training is expected to help improve physical function and quality of life in older adults with rheumatoid arthritis.*

Keywords: *Rheumatoid Arthritis, Locomotion Training, Physical Function, Quality of Life.*