THE APPLICATION OF ANKLE STRATEGY AND WEIGHT SHIFTING EXERCISE FOR FALL RISK PREVENTION

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ABSTRACT

Background: *The aging process in the elderly leads to a decline in musculoskeletal, neuromuscular, and sensory functions, wich affects balance and increases the risk of falls. Falls in the elderly can cause serious injuries and even death, therefore preventive efforts are needed to improve balance.* ***Objective:*** *This study aims to provide education to the elderly regarding the benefits and proper methods of performing ankle strategy and weight shifting exercises to improve balance and prevent the risk of falls.* ***Method:*** *The method used is the development of communication, information, and education (KIE) media in the form of an education video through pre-production, production and post-production stages. This media contains explanations and demonstrations of exercises that can be performed independently by the elderly.* ***Results:*** *The education video media produced is able to present clear and easily understandable information regarding ankle strategy and weight shifting exercises, and can be used as a guide for balance training in the elderly.* ***Conclusion:*** *educational video media on ankle strategy and weight shifting exercises can be an effective tool to improve the elderly's understanding and help enchance balance, thereby reducing the risk of falls.*

Keywords: *Elderly, Balance, Fall Risk, Ankle Strategy, Weight Shifting, Health Education*