THE EFFECT OF *BILATERAL ARM TRAINING* ON UPPER EXTREMITY MOTOR FUNCTION IN ELDERLY POST *STROKE* PATIENTS

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SUMMARY

Background: Stroke is a neurological disorder that commonly occurs in the elderly and is one of the leading causes of disability. This condition can lead to decreased motor function, especially in the upper extremities, thereby limiting the ability to perform daily activities such as eating, dressing, and self-care. Therefore, appropriate physiotherapy interventions are needed to improve motor function. One method that can be used is Bilateral Arm Training, which involves the simultaneous use of both arms to improve coordination, muscle strength, and motor control through neuroplasticity mechanisms. **Objective:** To increase knowledge, especially among the elderly, regarding the management of Bilateral Arm Training in post-stroke patients. **Methods:** The educational media used was a pocket book entitled "Bilateral Arm Training to Improve Upper Extremity Motor Function in Elderly Post-Stroke Patients". **Results:** Educational activities using the pocket book showed an increase in the elderly's knowledge regarding the management of Bilateral Arm Training. The elderly better understood the purpose, benefits, and proper techniques of the exercises, such as lifting both arms, bending the elbows, pushing, and pulling using simple tools like sticks and dumbbells. In addition, the pocket book was considered effective because it is easy to understand, practical, and can be reused as a guide for independent home exercises. **Conclusion:** The pocket book entitled "Bilateral Arm Training to Improve Upper Extremity Motor Function in Elderly Post-Stroke Patients" was selected as an educational and health promotion medium for the elderly.

Keywords: Stroke, Elderly, Bilateral Arm Training, Motor Function, Upper Extremity**.**