ABSTRACT

PENERAPAN PENERAPAN *INTRINSIC FOOT MUSCLE TRAINING* DAN *LOWER EXTREMITY RESISTANCE* TERHADAP STABILITAS POSTURAL PADA LANSIA

Rohsawati Mawardany, Asita Rohmah Mutnawaitoh

Rohsawati28@gmail.com

Universitas 'Aisyiyah Surakarta

SUMMARY

Background*: An older adult is defined as a person over the age of 60. One of the health issues faced by older adults is degenerative disease, which involves the deterioration of tissues or organs over time; this includes conditions affecting the musculoskeletal system, such as decreased muscle strength and balance disorders. Postural stability is the ability of the body to remain stable and motionless while standing, walking, or performing other activities. This ability is influenced by the combined function of muscles, nerves, and bone structures that work to maintain body position. However, a lack of exercise is the primary cause of this decline in stability.* ***Objective****: To develop Communication, Information, and Education (CIE) materials regarding "The Application of Intrinsic Foot Muscle Training and Lower Extremity Resistance Exercises on Postural Stability in the Elderly."* ***Method****: The method employed utilizes KIE media, specifically a video, as a tool for public promotion and information dissemination.* ***Results****: The KIE media in the form of this video will be widely distributed on YouTube for the elderly or the general public experiencing a decline in postural stability.* ***Conclusion****: KIE media is used for promotional, informational, and educational purposes regarding "The Application of Intrinsic Foot Muscle Training and Lower Extremity Resistance on Postural Stability in the Elderly*"

Keywords: *Intrinsic Foot Muscle Training*, *Lower Extremity Resistance*, P*ostural Stability*, *Elderly*