PENERAPAN *HOME BASED EXERCISE* DAN *MASSAGE* DALAM PENURUNAN *SPASTIC* DAN MENINGKATKAN FUNGSIONAL MOTORIK KASAR ANAK *CEREBRAL PALSY*

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SUMMARY

Background; Cerebral palsy is a motor development disorder caused by non-progressive brain damage characterized by spasticity and limitations in gross motor function, thus requiring ongoing rehabilitation intervention. One effective approach is home-based exercise and massage that can be done independently at home with parental guidance. This study aims to provide education through video media regarding the application of home-based exercise and massage in reducing spasticity and improving gross motor skills in children with Cerebral Palsy. **Methods;** used is the creation of video-based communication, information, and education media containing stretching exercises, strengthening exercises, positioning exercises, and massage techniques such as effleurage, petrissage, and deep friction. **Results;** obtained indicate that the compiled video media is able to provide parents with an understanding of the correct exercise and massage techniques, and has the potential to help reduce muscle tone and improve motor transmission and function in children. **Conclusion;** the application of home-based exercise and massage through educational video media is an effective, practical, and easy-to-implement alternative intervention to support improving the quality of life of children with Cerebral Palsy.

Keywords *: cerebral palsy, home based exercise, massage, health education, physiotherapy*