THE EFFECT OF A COMBINATION OF STABILIZING REVERSAL TECHNIQUE AND SQUARE STEPPING EXERCISE TO IMPROVE DYNAMIC BALANCE IN THE ELDERLY AT AL-HIDAYAH SERENAN DAYLIGHT

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Background: *Balance disorders are common health problem experienced by the elderly. Dynamic balance disorders in the elderly occur due to the aging process in the musculoskeletal, neuromuscular, vestibular, and proprioceptive systems, which can increase the risk of falls and decrease functional ability. One of the physiotherapy interventions that can be provided is a combination of Stabilizing Reversal Technique and Square Stepping Exercise to improve postural stability, movement coordination, and balance control.* ***Objective***: *to determine the effect of the combination of Stabilizing Reversal Technique and Square Stepping Exercise on improving dynamic balance in the elderly.* ***Methods:*** *this study used a quantitative method with a quasi-experimental design using a one group pretest and posttest without control group. The sample consisted of 25 respondents selected using purposive sampling technique. The intervention was conducted 3 times a week for 4 weeks. Dynamic balance was measured using the Timed Up and Go Test (TUGT), analyzed with the Wilcoxon Signed Rank Test ($p<0,005$).* ***Results***: *based on the Wilcoxon test, the significance value obtained was 0.003 ($p<0.05$).* ***Conclusion***: *there was an effect of the combination of Stabilizing Reversal Technique and Square Stepping Exercise on improving dynamic balance in the elderly.*

Keywords: *Dynamic Balance; Elderly; Stabilizing Reversal Technique; Square Stepping Exercise.*