EDUKASI PENERAPAN CONSTRAINT INDUCED MOVEMENT THERAPY (CIMT) EKSTREMITAS BAWAH UNTUK MENINGKATKAN AKTIVITAS FUNGSIONAL PADA PASIEN POST STROKE

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SUMMARY

Background: Stroke is a non-communicable disease and one of the leading causes of death and disability worldwide, including in Indonesia. Post-stroke patients often experience motor function impairments, especially in the lower extremities, which affect their ability to perform daily functional activities such as walking, standing, and maintaining balance. One effective rehabilitation method is Constraint Induced Movement Therapy (CIMT), which aims to improve motor function by restricting the use of the unaffected limb and encouraging the use of the affected limb. However, limited knowledge among patients and families regarding CIMT exercises becomes a barrier in the rehabilitation process. Therefore, an educational media that is easy to understand, such as a video based on Communication, Information, and Education (KIE), is needed.Objective: To improve knowledge of post-stroke patients, families, and the community regarding the application of Constraint Induced Movement Therapy (CIMT) for lower extremities.**Methods:** The KIE media used is an educational video developed based on scientific literature and physiotherapy guidelines, presented in a simple and easy-to-understand format.**Results:** The output is an educational video entitled "Education on the Application of Constraint Induced Movement Therapy (CIMT) for Lower Extremities in Post-Stroke Patients," which contains explanations about stroke, CIMT concepts, and demonstrations of exercises such as weight bearing, balance training, and *Gait Training*.**Conclusion:** The CIMT educational video for lower extremities can be used as an effective health promotion media to improve understanding and support motor function recovery in post-stroke patients.

Keywords: Stroke, CIMT, Lower Extremity, Functional Activity, Educational Media