FOAM ROLLING AND MASSAGE TO REDUCE DELAYED ONSET MUSCLE SORENESS POST-TRAINING IN PENCAK SILAT

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SUMMARY

Background: Physical training in pencak silat often involves high-intensity eccentric contractions that carry the risk of Delayed Onset Muscle Soreness (DOMS). This condition is characterized by pain, stiffness, and decreased joint range of motion that appears 12-24 hours after training and worsens within 24 to 72 hours. If not properly managed, it can interfere with training performance and movement efficiency. **Objective:** To provide education and information through videos on post-exercise DOMS management in pencak silat through physiotherapy interventions such as *foam rolling* and massage. This intervention is also intended to be introduced as an Information and Education Communication (KIE) medium for the public, athletes, and healthcare professionals. **Method:** KIE media in the form of educational videos were created based on a review of literature and scientific journals. The videos explain DOMS and the movements of *foam rolling* and massage. These videos were piloted on three pencak silat participants in Pucang Village, Sragen. **Conclusion:** The *foam rolling* and massage videos are easy to understand and are considered useful in increasing knowledge and serving as training guides for the public and pencak silat athletes. This video is effective as an KIE medium for health promotion and physiotherapy education.

Keywords: Pencak Silat, Pain, Delayed-onset Muscle Soreness, *Foam Rolling*, Massage, Physiotherapy, educational video.