THE IMPLEMENTATION OF ISOMETRIC HANDGRIP EXERCISE ON BLOOD PRESSURE CHANGE HYPERTENSION IN THE ELDERLY AT THE GAMBIRSARI COMMUNITY HEALTH CENTER

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ABSTRACT

***Background**: Hypertension is a common non-communicable disease among older adults and may cause serious complications if not properly controlled. One non-pharmacological intervention that may reduce blood pressure is isometric handgrip exercise. **Objective**: To describe the implementation of isometric handgrip exercise on blood pressure changes in elderly patients with hypertension. **Methods**: This study employed a qualitative descriptive case study involving two elderly respondents with hypertension. The intervention was administered for five consecutive days, and blood pressure was measured before and after the intervention. **Results**: Blood pressure decreased from 159/86 mmHg to 151/81 mmHg and from 154/82 mmHg to 149/78 mmHg. **Conclusion**: Isometric Handgrip Exercise may help reduce blood pressure in elderly patients with hypertension.*

***Keywords**: hypertension, isometric handgrip exercise, elderly, blood pressure.*