THE APPLICATION OF RHEUMATIC EXERCISE TO REDUCE PAIN SCALE IN ELDERLY WITH OSTEOARTHRITIS AT GAMBIRSARI PRIMARY HEALTH CENTER

Nurul Kholifatul Hamidah[1], Norman Wijaya Gati[2]

kholifatul266@gmail.com

Study Program of Diploma III Nursing, Faculty of Health Sciences, 'Aisyiyah University of Surakarta

ABSTRACT

Background: *Osteoarthritis is a degenerative joint disease characterized by cartilage damage, resulting in pain that can lead to stiffness, decreased range of motion, and limited activity in the elderly. Pain arises due to joint damage and the inflammatory process that stimulates pain receptors, thus appropriate management is needed to maintain joint function and improve quality of life. One recommended non-pharmacological therapy is rheumatic exercise, as it can increase joint flexibility, strengthen muscles, improve blood circulation, and help reduce pain perception.* ***Objective:*** *To describe the results of rheumatic exercise in reducing pain scale among elderly patients with osteoarthritis at Gambirsari Primary Health Center.* ***Methods:*** *This study used a descriptive case study approach on two elderly patients with osteoarthritis. Pain intensity was measured using the Numeric Rating Scale (NRS). Rheumatic exercise was performed three times over seven days, with each session lasting 10–15 minutes.* ***Results:*** *Before the intervention, Mrs. T experienced pain at a scale of 7 and Mrs. H at 6. After the intervention, Mrs. T's pain scale decreased to 4 and Mrs. H's to 3.* ***Conclusion:*** *Rheumatic exercise is effective in reducing the pain scale in elderly with osteoarthritis as a non-pharmacological intervention.*

Keywords: *Elderly, Osteoarthritis, Pain, Rheumatic Exercise*