

ABSTRACT

Yuni Anisa Putri (2023). *Application of ROM Joint Strengthening Exercises to Reduce the Level of Joint Pain during Activities in Osteoarthritis Patients in the Work Area of the Women's Work Center*. Case Study Scientific Paper, D III Nursing Study Program, Department of Nursing, Health Polytechnic of the Ministry of Health Riau. Supervisor (I) Idayanti, S.Pd., M.Kes (II) Ns. Wiwiek Delvira, S.Kep., M.Kep

Osteoarthritis is a degenerative disorder in which stiffness and inflammation occur in the joints. Characterized by damaged joint cartilage that causes pain in the hands, neck, hips, and most often in the knees, especially when standing to sit, walk, or climb stairs. Based on data obtained by the author from the Puskesmas Karya Wanita Pekanbaru, there are 283 elderly people seeking treatment until January 2023 and 3.53% of them have osteoarthritis. The purpose of writing this Scientific Paper is to describe the application of Range of Motion (ROM) joint strengthening exercises to reduce the level of joint pain during activities in osteoarthritis patients in the work area of the Women's Work Center. The application of ROM exercises was carried out on both subjects starting from the pre-test on April 9, 2023, the exercise on April 10-16, 2023 and the post test on April 17, 2023. The research method used is the case study descriptive method. The results of the evaluation after implementation were that both subjects experienced a decrease in the level of joint pain measured based on the Numeric Rating Scale (NRS) method. Before implementation, both subjects felt pain in the moderate to severe pain range on a scale of 5 and 6, but after 7 days implementation both subjects experienced a decrease in pain levels to a mild pain range on a scale of 3 and 1. It is hoped that this ROM exercise can be applied daily for people with osteoarthritis so that the pain felt during activity is reduced.

Keywords: Osteoarthritis, Range of Motion (ROM), Joint Pain, Joint Stiffness, Numeric Rating Scale (NRS)