

ABSTRACT

Novia Yulita Windri (2023). Application of Range of Motion (ROM passive Exercises to Increase Muscle Strength in Non-Hemorrhagic Stroke Patients in Rejosari Puskesmas Work Area 2023. Scientific Case Study, Riau DIII Nursing Study Program, Department of nursing, Health Polytechnic of Health Riau. Supervisor (I) Ns. Wiwiek Delvira, S.Kep., M.Kep, (II) Ns. Nia Khusniyati M, S.Kep., M.Kep. Examiner (1) Ns. Syafrisar Meri Agritubella, S.Kep., M.Kep (2) Ns. Erni Forwaty, S.Kep., M.Kep.

Stroke is the world's second greatest cause of death, third leading cause of paralysis, and the most prevalent cause of dementia and depression. Stroke victims require prompt treatment to avoid physical and mental damage. Joint mobilization with Range of Motion exercises is one of the rehabilitation programs available to stroke patients. The purpose of this study is to build up muscle strength in parts of the body that have paralysis as a result of stroke, which might disrupt a person's activities. This study used a descriptive case study with two research subjects over a span of six days in April 2023. The data is offered in the form of narratives and tables. The results showed that there was an increase in muscle strength for two subjects after being given Range of Motion (ROM) exercises where in the first subject there was an increase in muscle strength scale in the upper extremities from scale 3 to scale 4 while for the lower extremities from scale 2 to scale 3 and for the second subject there was also an increase in upper and lower extremity muscle strength from scale 3 to scale 4. Further research is recommended to increase strength in stroke patients by using Range of Motion (ROM) exercises.

Key words: Stroke, Muscle Strength Scale, Range of Motion (ROM)