

PHYSIOTHERAPY EXERCISE PROGRAM FOR THE ELDERLY TO IMPROVE MOBILITY AND BALANCE AT THE EMBUN KEHIDUPAN BANGSA NURSING HOME

PROGRAM LATIHAN FISIOTERAPI BAGI LANSIA UNTUK MENINGKATKAN MOBILITAS DAN KESEIMBANGAN DI PANTI JOMPO YAYASAN EMBUN KEHIDUPAN BANGSA

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ABSTRACT

As people age, they often experience a decline in physical function, affecting mobility and balance, which increases the risk of falls and injury. This community service activity aimed to improve the mobility and balance of elderly residents through a physiotherapy exercise program at the Embun Kehidupan Bangsa Nursing Home. The methods included health education on the importance of physical activity, structured physiotherapy exercises tailored to the participants' physical conditions, and simple functional assessments conducted before and after the program. The results showed increased active participation among the elderly and improvements in their movement and balance abilities. This program is expected to enhance the overall quality of life for elderly individuals.

Keywords: *Elderly, Physiotherapy, Mobility, Balance, Nursing Home*

ABSTRAK

Seiring bertambahnya usia, lansia mengalami penurunan fungsi fisik yang dapat memengaruhi mobilitas dan keseimbangan, sehingga meningkatkan risiko jatuh dan cedera. Kegiatan pengabdian kepada masyarakat ini bertujuan untuk meningkatkan mobilitas dan keseimbangan lansia melalui program latihan fisioterapi yang dilaksanakan di Panti Jompo Yayasan Embun Kehidupan Bangsa. Metode kegiatan meliputi penyuluhan mengenai pentingnya aktivitas fisik, latihan fisioterapi terstruktur yang disesuaikan dengan kondisi fisik peserta, serta evaluasi sederhana terhadap kemampuan fungsional sebelum dan sesudah program. Hasil kegiatan menunjukkan adanya peningkatan partisipasi aktif lansia dalam latihan serta perbaikan kemampuan gerak dan keseimbangan. Program ini diharapkan dapat meningkatkan kualitas hidup lansia secara menyeluruh.

Kata Kunci : Lansia, Fisioterapi, Mobilitas, Keseimbangan, Panti Jompo