

**PENERAPAN TERAPI AKTIVITAS ROM (*Range Of Motion*)
DALAM ASUHAN KEPERAWATAN GERONTIK PADA
LANSIA DENGAN STROKE DI UPTD PPSGL
SATPEL GRIYA LANSIA GARUT
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ABSTRAK

Latar Belakang: Stroke merupakan salah satu penyebab utama kecacatan pada lansia, yang berdampak pada penurunan fungsi motorik dan kualitas hidup. Lansia pasca-stroke sering mengalami gangguan mobilitas fisik akibat kelemahan otot, kekakuan sendi, dan keterbatasan rentang gerak. Terapi *Range of Motion* (ROM) adalah intervensi non-farmakologis yang bertujuan mempertahankan atau meningkatkan fleksibilitas sendi, kekuatan otot, serta mencegah kontraktur. **Tujuan:** Penelitian ini bertujuan untuk menerapkan terapi ROM dalam asuhan keperawatan gerontik pada lansia dengan stroke di UPTD PPSGL Satpel Griya Lansia Garut tahun 2025. **Metode** : Metode penelitian yang digunakan adalah studi kasus pada dua responden lansia dengan diagnosa medis stroke yang mengalami gangguan mobilitas fisik. Proses asuhan keperawatan meliputi pengkajian, perumusan diagnosa, perencanaan, implementasi terapi ROM selama 10–15 menit per sesi, dan evaluasi. **Hasil** : Hasil penelitian menunjukkan peningkatan kekuatan otot pada responden 1 dari skala 3 menjadi 4, dan pada responden 2 dari skala 2 menjadi 3. Rentang gerak sendi meningkat, kekakuan berkurang, dan kemampuan mobilisasi membaik sehingga responden lebih mandiri dalam aktivitas sehari-hari. **Kesimpulan** : Setelah dilakukan asuhan keperawatan gerontik terhadap dua lansia dengan stroke di tempat tersebut bahwa intervensi keperawatan yang diterapkan, yaitu latihan fisik ROM (*Range Of Motion*), manajemen nyeri, dan pencegahan risiko jatuh, efektif dalam meningkatkan kekuatan otot, menurunkan intensitas nyeri, serta mencegah terjadinya insiden jatuh. asuhan keperawatan dilaksanakan menggunakan pendekatan proses keperawatan selama tiga hari, dengan hasil menunjukkan adanya perbaikan signifikan terhadap kondisi fisik dan fungsional pasien. **Saran:** Penelitian ini diharapkan terapi ROM efektif meningkatkan kekuatan otot, fleksibilitas sendi, serta kemandirian pada lansia dengan stroke.

Kata Kunci : Asuhan Keperawatan Gerontik, Lansia, Stroke, *Range of Motion*.

Referensi : 3 Buku (2018-2013), 9 Jurnal, 1 artikel

**IMPLEMENTATION OF ROM (Range Of Motion) ACTIVITY THERAPY
NURSING CARE IN GERIATRIC PATIENTS WITH STROKE AT
UPTD PPSGL SATPEL GRIYA LANSIA**

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ABSTRACT

Background: Stroke is one of the main causes of disability in the elderly, which has an impact on decreased motor function and quality of life. Post-stroke elderly often experience impaired physical mobility due to muscle weakness, joint stiffness, and limited range of motion. Range of Motion (ROM) therapy is a non-pharmacological intervention that aims to maintain or improve joint flexibility, muscle strength, and prevent contractures. **Objective:** This study aims to apply ROM therapy in geriatric nursing care for elderly with stroke at the UPTD PPSGL Satpel Griya Lansia Garut in 2025. **Method:** The research method used is a case study on two elderly respondents with a medical diagnosis of stroke who experienced impaired physical mobility. The nursing care process includes assessment, diagnosis formulation, planning, implementation of ROM therapy for 10–15 minutes per session, and evaluation. **Results:** The results of the study showed an increase in muscle strength in respondent 1 from a scale of 3 to 4, and in respondent 2 from a scale of 2 to 3. Joint range of motion increased, stiffness decreased, and mobilization ability improved so that respondents were more independent in daily activities. **Conclusion:** After conducting geriatric nursing complaints to two elderly people with stroke at the place, the nursing interventions applied, namely ROM (Range Of Motion) physical exercises, pain management, and fall risk prevention, were effective in increasing muscle strength, reducing pain intensity, and preventing fall incidents. Nursing care was carried out using a nursing process approach for three days, with the results showing significant improvements in the physical and functional conditions of patients. **Suggestion:** This study is expected to effectively improve ROM therapy in increasing muscle strength, joint flexibility, and independence in elderly people with stroke.

Conclusion: ROM therapy proved effective in enhancing muscle strength, joint flexibility, and independence among elderly patients with stroke

Keywords: Gerontological Nursing Care, Elderly, Stroke, Range of Motion.

References: 3 Books (2013–2018), 9 Journals, 1 Article.