# APPLICATION OF ERGONOMIC EXERCISE TO REDUCING URIC ACID LEVELS IN THE ELDERLY IN THE WORKING AREA OF THE

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 **ABSTRACT**

**Introduction :** Gout is a disease caused by the accumulation of monosodium urate crystals in the body, due to an increase in uric acid that exceeds normal limits. Gout sufferers have increased to 33.3% in 2018. If left untreated, it will cause great damage to the joints. Efforts are being made to reduce the incidence of gout, namely by implementing ergonomic exercises which are useful for activating the functions of the body's organs so that the body will feel refreshed and cure various diseases that attack the bones.

**Objective :** The purpose of this study was to find out the application of ergonomic exercise to reducing uric acid levels in the elderly.

**Method :** This research uses a descriptive method. The sample in this study amounted to 2 people. Using observations made before and after the implementation of ergonomic exercises in gout sufferers.

**Results :** Based on the results of the study, after implementing ergonomic exercises on Mrs. H, there was a decrease from 7.0 mg/dl to 5.9 mg/dl. And in Mr.I there was a decrease from 7.4 mg/dl to 5.3 mg/dl.

**Conclusion :** There was a decrease in uric acid levels after the implementation of ergonomic exercises on Mrs.H and Mr.I

**Suggestion :** In this research, it is necessary to carry out health education for the community in developing non-pharmacological treatments with the application of ergonomic exercises to reduce uric acid levels.

**Keywords :** Ergonomic Exercise, Uric Acid Levels,Elderly

**Referensi :** 11 Books (2011 – 2022), 10 Journals (2017 – 2021)