**Application of Isometric Exercises To Reduce Uric Acid Levels in**

**Gouty Arthritis in Rawasari Public Health Center at Jambi City**

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**ABSTRACT**

**Introduction:** Uric acid disease also known as gout is a disease that is experienced by a lot of people. Due to increased levels of uric acid in the body, this can cause crystals in the joint area. Gout can also be described as avery painful from of arthitir caused by the buildup of crystal in the joint.

**Objective**: The aim of this research is to reduce uric acid levels in gouty arthritis in Rawasari public health center at Jambi city

**Method:** This research use a descriptive method. The sample in this study were two respondents who had gout. By using an observation sheet measuring tool on respondents to see whether or not isometric exercises.

**Results:** Based on the resu of isometric exercises research on Mrs. A with a uric acid level 7,1 and after isometric exercises level was 7,1. Mrs. L had a uric acid level 6,1 and after doing isometric exercises, the uric acid level was 9,1.

**Conclusion:** After carrying out isometric exercise on Mrs. A, the results showed that there was no change in the uric acid level. Mrs. L did isometric exercises her uric acid levels increased.

**Suggestion:** that isometric exercise can be done simultaneously while paying attention to a low purine diet and using medication to reduce uric acid levels and reduce joint stiffnes.

**Keywords:** isometric exercises, uric acid, Gouty Arthritis

**References:** 5 books (2017-2023), 17 journals (2019-2023).