**Application of Stretching to Reduce Joint Pain in Elderly People with Osteoarhritis at Raden Mattaher Hospital Jambi in 2024**

Agung Sumintri

D-III Nursing Study Program

Garuda Putih Jambi College of Health Sciences

Ns. Devi Yusmahendra, M.Kep\*\* Ns. Asmeriyani, M.Kep

E-mail: [agungsumintri01@gmail.com](mailto:agungsumintri01@gmail.com)

**ABSTRACT**

**Introduction:** Osteoarthritis usually affects the joints of the hands, knees, and hips. Symptoms of osteoarthritis are pain, stiffness, and swelling, accompanied by decreased muscle and physical function. According to the World Health Organization (WHO), with an aging population and increasing injury rates, the prevalence of osteoarthritis is expected to continue to grow globally. 344 million people experience severity (moderate or severe) requiring rehabilitation, and several previous studies have shown that stretching can be stopped for people with knee osteoarthritis to improve the range of motion of the knee joint which is so important.well-being and rangking of functional activities in royal life.

**Objective:** This research aims to reduce joint pain with osteoarthritis by applying stretching.

**Method:** This research uses descriptive methods. The sample in this study was 1 respondent with a moderate pain scale. Using the *Numeric Rating Slale* pain scale observation sheet measuring tool on respondents to see the respondent's pain scale.

**Results:** Based on the results of research on pain scales in osteoarthritis patients in Mr. M obtained results with a pain scale of 6 (moderate pain), and after applying stretching Mr. M with a pain scale of 0 (no pain).

**Conclusion:** After the researcher applied stretching, the level of pain decreased. This is proven by the results of the pretest, wich showed a pain scale of (moderate pain), and then after carrying out the posttest, the pain scale was (no pain).

**Suggestion:** The aplication be used as input for people who experience osteoarthritis joint pain, where one non-pharmacological therapy that can reduce the pain scale is applying stretching.

**Keywords: application stretching, joint pain, osteoarthritis.**

**References: 15 books (2015-2023), 10 journals (2017-2023).**