

**PENGARUH LATIHAN *RANGE OF MOTION* (ROM) PASIF
TERHADAP KEKUATAN OTOT EKSTERMITAS ATAS PASIEN
STROKE NON HEMORAGIK DI RUANG ICU RSUD CURUP TAHUN
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ABSTRACT

Stroke is the highest cause of disability in the world. Residual symptoms of stroke include complications, in which 80% of stroke patients experience a partial or total decrease in the movement and strength of the arm or leg on one side of the body, where paralysis is the biggest complication. Recovery or stroke treatment is a process that can be done while in the hospital by providing ROM (Range of Motion) exercises. This study aims to determine the effect of ROM exercise on the strength of muscle extremity on stroke patients in the Curup Hospital General Hospital ICU in 2018.

This research method uses the Quasi Experiment design pre and post test design. The number of samples in this study were 20 respondents consisting of the intervention group and the control group. The sampling technique uses consecutive sampling, bivariate data analysis on this research using Wilcoxon test.

The results of this study indicate the average value of muscle strength pre-test and post-test. increased in the intervention group and there was no increase in the control group. significant value ($p = 0.008$) in the intervention group and ($p = 0.5$) in the control group. Conclusion there is the effect of Range Of Motion exercise on the muscle strength of non hemorrhagic stroke patients in RSUD Curup ICU in 2018. It is suggested to the Curup Hospital institutions to be able to improve the quality of service and be able to apply and do ROM therapy in non-hemorrhagic stroke patients.

Keyword :Muscle Strength, Range Of Motion (ROM) Exercise.