

ABSTRACT

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Description of muscle strength of non-hemorrhagic stroke patients after being given rubber ball training and thera band hand at RS. RK Charitas Palembang

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Background: *Non-hemoragic stroke patients has upper extremity muscle weakness resulting in decreased muscle strength. Exercise done on non-hemoragic stroke patients to with simple movement and beneficial exercises to increase muscle strength.*

Objective: *To description rubber ball and thera band hand training on the muscle strength of non-hemoragic stroke patients in the RS.RK. Charitas Palembang. The aim of this study to determine of muscle strength non-hemoragic stroke patients before and after being given a rubber ball training and thera band hand exercises. Muscle strength measured with hand dynamometer.*

Method: *This study used a two group pretest and posttest pre-experiment design of 6 respondents with consecutive sampling technique. Respondents were divided into 2 groups, group 1 was given rubber ball training and group 2 was given thera band hand training. Both groups were given exercise during for 5 days and each exercise was carried out for 15 minutes.*

Results: *6 respondents with non-hemoragic stroke had weakness in upper extremity muscle strength. Respondents with rubber ball training had increase muscle strength about 66,7% and respondents given thera band hand 100% did not increased. Non-hemoragic stroke patient at RS.RK. Charitas with low upper extremity had the rubber ball training continously because the rubber ball training can increase the strength of the upper extremity muscles.*

Suggestion: *It is necessary to practice regular and continuous rubber balls and hand band thera to increase the upper extern muscle strength. Further research is suggestesd to be able to continue this research with more number of respondents.*

Keywords: *Rubber ball training, thera band hand training, muscle strength, upper extermitas, non hemorrhagic stroke*