LITERATURE REVIEW : EFEKTIVITAS *TRANSCUTANEOUS ELECTRICAL NERVE STIMULATION* DAN *SLOW REVERSAL HOLD EXERCISE* DALAM MENINGKATKAN *RANGE OF MOTION KNEE* PADA PENDERITA OSTEOARTHRITIS LUTUT

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Abstrak

Tujuan : Meningkatkan *Range Of Motion* pada penderita *osteoarthritis* lutut dipengaruhi oleh banyaknya penduduk berusia lanjut di atas 60 tahun, sehingga Kasus *Muskuloskeletal* pada lansia yakni osteoartritis lutut semakin meningkat.*Study literature* ini bertujuan untuk mereview *literature* ,jurnal,artikel ataupun hasil penelitian dengan topic Efektivitas *Transcutaneous Electrical Nerve Stimulation* Dan *Slow Reversal Hold Exercise* Dalam Meningkatkan *Range Of Motion Knee* Pada Penderita *Osteoarthritis* Lutut. **Metode** : Mencari referensi dari internet file,jurnal,buku,dan lain sebagainya yang relevan dengan penelitian ,mencari jurnal menggunakan portal Google Scholar, E-Resources Perpusnas, Pubmed, Scient Direct, Jospt, dsb.Selanjutnya baca dan analisa jurnal, dan merangkum hasil analisa pada jurnal dalam lembar kerja hasil analisa dengan rentang waktu publikasi pada tahun 2015-2020.pencarian *literature* ditemukan sebanyak 8 artikel dianalisa melalui analisis kesesuaian topic, metode penelitan yang digunakan, intervensi, sampel, instrument/parameter. **Hasil** : Setelah dilakukan telaah literature sebanyak 8 artikel menunjukkan bahwa *Transcutaneous Electrical Nerve Stimulation* Dan *Proprioceptive Neuromuscular Fascilitation (PNF) modification Slow Reversal Hold* efektif untuk meningkatkan *ROM* dan menurunkan rasa nyeri pada lutut. **Kesimpulan** : Bahwa Intervensi *Transcutaneous Electrical Nerve Stimulation* Dan *Slow Reversal Hold* sangat efektif untuk meningkatkan *ROM* dan menurunkan rasa nyeri pada penderita *osteoarthritis* lutut dengan signifika

Kata Kunci: Transcutaneous Electrical Nerve Stimulation (TENS), Proprioceptive Neuromuscular Fascilitation (PNF) , Slow Reversal Hold , Range Of Motion, Osteoartritis Lutut.

LITERATURE REVIEW : EFFECTIVENESS TRANSCUTANEOUS ELECTRICAL NERVE STIMULATION AND SLOW REVERSAL HOLD EXERCISE IN INCREASING RANGE OF MOTION KNEE IN PATIENTS WITH KNEE OSTEOARTHRITIS

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Abstrak

Objective: Increasing Range of Motion in patients with knee osteoarthritis is influenced by the number of elderly population over 60 years, so that the case of musculoskeletal in the elderly namely osteoarthritis of the knee is increasing. Hold Exercise in Increasing Range of Motion Knee in Patients with Knee Osteoarthritis. **Methods**: Search for references from internet files, journals, books, etc. that are relevant to research, search for journals using the Google Scholar portal, E-Resources of the National Library, Pubmed, Scient Direct, Jospt, etc. analysis of journals in the worksheets of the results of analysis with a time span of publication in 2015-2020. Literature search found as many as 8 articles analyzed through analysis of topic suitability, research methods used, interventions, samples, instruments / parameters. **Results:** After reviewing the literature as many as 8 articles show that Transcutaneous Electrical Nerve Stimulation and Proprioceptive Neuromuscular Fascilitation (PNF) modification of Slow Reversal Hold are effective to increase ROM and reduce pain in the knee. **Conclusion**: That Intervention of Transcutaneous Electrical Nerve Stimulation and Slow Reversal Hold is very effective to increase ROM and reduce pain in patients with knee osteoarthritis significantly.

Keyword : Transcutaneous Electrical Nerve Stimulation (TENS),Proprioceptive Neuromuscular Fascilitation (PNF), Slow Reversal Hold , Range Of Motion, Knee Osteoarthritis.