IMPLEMENTATION OF STRENGTHENING EXERCISES WITH FAMILY INVOLVEMENT TO IMPROVE THE INDEPENDENCE IN ELDERLY PATIENTS WITH OSTEOARTHRITIS GENUE

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ABSTRACT

Background: Knee osteoarthritis is a degenerative joint disease causing pain, stiffness, and activity limitations, thereby affecting the family's ability to care for the afflicted member. This condition can lead to a nursing diagnosis of ineffective family health management. One non-pharmacological intervention is strengthening exercises, which aim to increase muscle strength, reduce pain and stiffness, and improve functional ability. The objective of this case study was to describe the implementation of strengthening exercises involving the family for a patient with knee osteoarthritis diagnosed with ineffective family health management. **Methods:** A descriptive case study was conducted on a family with a member suffering from knee osteoarthritis in Lesanpuro Village, Malang City. Nursing care was administered over four visits from June 22–25, 2026, covering the stages of assessment, diagnosis, planning, implementation, and evaluation. Data were collected through interviews, observation, physical examinations, and document review. **Results**: The family was able to explain knee osteoarthritis, understand the benefits and techniques of strengthening exercises, and assist the client in performing the exercises independently. The client reported a reduction in knee pain and stiffness, while the family committed to performing the exercises regularly and utilizing health services. **Conclusion:** Implementing strengthening exercises with family involvement can enhance the family's ability to manage the member's health and help alleviate pain and stiffness in patients with knee osteoarthritis. Keywords: knee osteoarthritis, strengthening exercises, ineffective family health management

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