APPLICATION OF ASTHMA GYMNASITIC TO INCREASE PEAK EXPIRATORY FLOW IN PATIENTS WITH BRONCHIAL ASTHMA IN THE VILLAGE OF TAWANGSARI TERAS BOYOLALI

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ABSTRACT

Background; The author chose the application of asthma gymnastic to increase Peak Expiratory Flow because it can to increased respiratory muschle strength and accelerate blood circulation. The Purpose; To describe the application of asthma gymnastic to increase Peak Expiratory Flow in patients with bronchial asthma. Method; The type of research used is descriptive methodology with a case study design that illustrates the increase in Peak Expiratory Flow in patients with bronchial asthma in the village of Tawangsari Teras Boyolali. Result; There is an increase in Peak Expiratory Flow in Mrs. A and Mrs. P there are expiratory peak currents 360 and 340 being 390 and 355. Conclusion; There was an increase in Peak Expiratory Flow after being given the application of asthma gymnastic for 1x1 weeks of 6 weeks in the village Tawangsari Teras Boyolali.

Keywords; asthma, asthma gymnastic, Peak Ekspiratory Flow