ABSTRACT

**Background Behind**; Enhancement grade acid veins acid Uric posed by grade acid veins in the blood excess lead production acid veins more many from on its disposal, p that is because some p as factor genetic, food, and factor disease others. **Purpose**; Knowing difference between gymnastics ergonomics and gymnastics finger to decline grade acid veins in Integrated Health Post for elderly people in Pajang Village. **Method**; type research is quantitative comparative with design Quasi Experiment Design, sample in research this as many as 30 respondent. The sampling technique uses purposive sampling. Instrument research use tool a set of checks acid veins and sheet observation. Analyze data using technique analysis Paired t-test and Independent t-test. **Results**; results test bivariate with Paired t-test prove that there is a significant difference before and after given treatment gymnastics ergonomics (P value 0.000 < 0.05) and prove that there is a significant difference before and after given treatment gymnastics finger (P value 0.047 <0.05). Results Independent test t-test prove that there is difference gymnastics ergonomics and gymnastics finger to decline grade acid veins proven with number significant (P value 0.001 <0, 05). **Conclusion**; Ho on reject the meaning there is difference gymnastics ergonomics and gymnastics finger to decline grade acid veins.

**Keywords**; Elderly people, Uric Acid Grade, Gymnastics Ergonomics, Gymnastics Finger