Knee osteoarthritis is a knee degenerative disease which is caused by several factors and causes the decrease of range of motion of knee joint, besides of pain, rigidity to the interference of functional activity in daily. Besides consuming drugs, to optimize patient condition, doctors usually urge the patient to take some physiotherapy continuously such as micro wave diathermy and range of motion joints exercise. This research aims to know the range of motion of joints comparison knee osteoarthritis patients before and after treatment micro wave diathermy and range of motion joints exercise in active and passive over a month in RSUD Abdul Moeloek and RSU A. Dadi Tjokrodipo Bandar Lampung. The design used was observational analitic by using kohort prospective methode as the approach methode. Statistic analyze was using Paired-T test, whereas from 24 people of total respondents who was dominated by women with average of age was 62, gotten the value of p<0.05 for each abilities as flexion and extension of respondents knee, which means that there was a meaningful or significant comparison to the progress of range of motion of the respondents each flexion and extension after having micro wave diathermy and range of motion joints exercise in active and passive which were done continuously twice a week over a month.

Key words: range of motion joints exercise in active and passive, micro wave diathermy, knee osteoarthritis, range of motion.