

# **MESSAGE THERAPY DAN ABDOMINAL HYOPRESSIVE GYMNASTICS UNTUK MENINGKATKAN AKTIVITAS FUNGSIONAL PADA PENDERITA LOW BACK PAIN NON SPECIFIC**

**Nurlailatul Hikmah**

## **Abstrak**

Low back pain atau nyeri punggung bawah, merupakan kelainan musculoskeletal, nyeri yang dirasakan di area anatomi yang terkena dengan berbagai variasi lama terjadinya nyeri. Nyeri yang sering dirasakan dapat berakibat mengganggu aktivitas sehari-hari. Tujuan penulisan dari karya ilmiah ini adalah mengkaji hasil dari intervensi Massage Therapy dan Abdominal Hypopressive Gymnastics untuk meningkatkan aktivitas fungsional pada penderita Low Back Pain Non Specific. Massage Therapy merupakan teknik relaksasi tubuh secara global dengan manfaat meningkatkan sistem peredaran darah. Abdominal hypopressive gymnastics adalah teknik untuk memperkuat otot abdominal dan otot dasar panggul. Desain pengambilan data Pre dan Post case studi Low Back Pain Non Specific di RS TNI AL Marinir Cilandak yang sesuai kriteria inklusi. studi kasus di berikan kepada pasien LBP Non-Spesifik dengan pemberian 8 x treatment. Pemberian intervensi ini dapat meningkatkan aktivitas fungsional dengan parameter Oswestry Disability Index. Kesimpulan intervensi Massage Therapy dan Abdominal Hypopressive Gymnastics dapat meningkatkan aktivitas fungsional pada pasien LBP Non-Specific.

**Kata Kunci** :Aktivitas Fungsional, Oswestry Disability Index, Massage Therapy, Abdominal Hypopressive Gymnastics, Low Back Pain Non Specific.

# **MASSAGE THERAPY AND ABDOMINAL HYOPRESSIVE GYMNASTICS TO IMPROVE FUNCTIONAL ACTIVITIES IN PATIENTS LOW BACK PAIN NON SPECIFIC**

**Nurlailatul Hikmah**

## **Abstract**

Low back pain is a musculoskeletal disorder, pain that is a feeling in the anatomic area affected by various variations in the duration of pain. Pain that is often felt can result in disrupting daily activities. The purpose of writing this scientific paper is to examine the results of interventions for Massage Therapy and Abdominal Hypopressive Gymnastics to improve functional activity in patients with Non-Specific Low Back Pain. Massage Therapy is a body relaxation technique globally with the benefits of improving the circulatory system. Abdominal hypopressive gymnastics is a technique for strengthening abdominal muscles and pelvic floor muscles. The Pre and Post case data collection design for Non-Specific Low Back Pain studies in RS TNI AL Marinir Cilandak that fit the inclusion criteria was carried. case studies were given to Non-Specific LBP patients with 8 x treatment. Giving this intervention can increase functional activities with Oswestry Disability Index parameter. Conclusion the intervention of Massage Therapy and Abdominal Hypopressive Gymnastics can improve functional activity in Non-Specific LBP patients.

**Keywords:**Functional Activity, Oswestry Disability Index, Massage Therapy, Abdominal Hypopressive Gymnastics, Non-Specific Low Back Pain