

INTERVENSI KINESIO TAPING DAN CORE STABILITY EXERCISE UNTUK MENINGKATKAN FLEKSIBILITAS TRUNK PADA PENDERITA CHRONIC LOW BACK PAIN

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Abstrack

Studi kasus ini dilakukan untuk mengkaji hasil Intervensi Kinesio Taping dan Core Stability Exercise untuk meningkatkan Fleksibilitas Trunk pada penderita Chronic Low Back Pain. Low back pain adalah nyeri yang dirasakan daerah punggung bawah, dapat merupakan nyeri lokal maupun nyeri menjalar atau keduanya. Desain studi karya tulis ilmiah akhir ini adalah pre post case study design, waktu pengambilan data dilaksanakan dari 22 April – 3 Mei 2019 yang dilaksanakan di RSAL Dr. Mintohardjo. Parameter yang dipakai untuk mengukur fleksibilitas trunk yaitu Modified Schober Test. Intervensi yang diberikan sebanyak 6 kali selama 2 minggu. Berdasarkan hasil evaluasi didapatkan adanya peningkatan Fleksibilitas Trunk yaitu gerakan fleksi lumbal dari 5cm menjadi 9 cm dan gerakan ekstensi lumbal dari 1 cm menjadi 3cm. Kesimpulannya Intervensi Kinesio Taping dan Core Stability Exercise dan penambahan intervensi SWD dapat meningkatkan Fleksibilitas Trunk pada pasien dengan kasus Chronic Low Back Pain.

Kata Kunci : Chronic Low Back Pain, Kinesio Taping, Core Stability Exercise, Flexibility Trunk.

INTERVENTION OF KINESIO TAPING AND CORE STABILITY EXERCISE TO IMPROVE TRUNK FLEXIBILITY IN CHRONIC LOW BACK PAIN PATIENTS

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This case study was conducted to examine the results of Kinesio Taping and Core Stability Exercise to increase Trunk Flexibility in patients with Chronic Low Back Pain. Low back pain is pain that is felt in the lower back area, can be local pain or radiating pain or both. The final scientific study design was a pre post case study design, the time of data collection was carried out from April 22 - May 3, 2019 which was conducted at the RSAL Dr. Mintohardjo. The parameter used to measure trunk flexibility is the Modified Schober Test. Interventions given 6 times for 2 weeks. Based on the results of the evaluation it was found that there was an increase in Trunk Flexibility, namely for the movement of lumbar flexion from 5 cm to 9 cm and the extension of the lumbar extension from 1 cm to 3 cm. In conclusion, the presentation of Kinesio Taping and Core Stability Exercise and addition of SWD intervention can increase Trunk Flexibility in patients with Chronic Low Back Pain cases.

Keywords: Chronic Low Back Pain, Kinesio Taping, Core Stability Exercise, Trunk Flexibility.