

**PEMBERIAN *SHORT WAVE DIATHERMY* DAN METODE *CORE STABILITY EXERCISE* DALAM MENGURANGI SPASME *M.QUADRATUS LUMBORUM* PADA KASUS *LOW BACK PAIN MYOGENIC***

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**Abstrak**

*Low Back Pain* (LBP) adalah suatu sindroma klinik yang ditandai dengan gejala utama rasa nyeri atau perasaan lain yang tidak enak di daerah tulang punggung bagian bawah dan sekitarnya. Setiap tahun prevalensi LBP selalu meningkat. Angka kejadian tersebut terbanyak didapatkan pada usia 35 th-55 th. LBP *myogenic* dapat mengakibatkan nyeri, spasme otot dan *imbalance muscle*, sehingga stabilitas otot perut dan punggung bawah mengalami penurunan, mobilitas lumbal terbatas, mengakibatkan penurunan aktivitas fungsional. Spasme adalah mekanisme tubuh untuk memproteksi jaringan otot yang rusak, kerusakan ini akibat *muscle injury* biasanya karena terjadi *overstretch*. *Short Wave Diathermy* (SWD) adalah Intervensi modalitas panas dalam pengobatan fisik dan *Core Stability Exercise* (CSE) merupakan latihan aktifasi sinergis yang meliputi otot-otot bagian dalam dari *trunk* yakni otot *core* (inti). *Short Wave Diathermy* (SWD) dan metode *Core Stability Exercise* (CSE) dalam mengurangi spasme *m.Quadratus lumborum* pada kasus *Low Back Pain* (LBP) *Myogenic*, terapi sebanyak 12 kali terapi. Dalam berjalannya intervensi akan terjadi kontraksi yang terkoordinasi dan bersamaan (*Co-Contraction*) dari otot-otot tersebut memberikan rigiditas *celender* untuk menopang *trunk*, akibatnya tekanan intradiskal berkurang dan akan mengurangi beban kerja dari otot lumbal, sehingga jaringan tidak mudah cidera, ketegangan otot lumbal yang abnormal berkurang.

**Kata Kunci :** Spasme, Nyeri LBP *Myogenic*, SWD, CSE

***SHORT WAVE DIATHERMY AND METHOD OF CORE STABILITY  
EXERCISE AWARD IN PRACTICE REDUCE SPASMS M. QUADRATUS  
LUMBORUM IN CASE OF LOW BACK PAIN MYOGENIC***

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**Abstract**

Low Back Pain (LBP) is a clinical syndrome characterized by major symptoms of pain or other uncomfortable feelings in the lower spine and surrounding areas. Every year prevalence of LBP is always increasing. The incidence of the most established at 35 th-55 th. Myogenic LBP can lead to pain, muscle spasms and muscle imbalance, so the stability of the abdominals and lower back to decrease, lumbar mobility is limited, resulting in decreased functional activity. Spasm is a mechanism to protect the body's muscle tissue is damaged, the damage is due to muscle injury is usually due to an overstretch. Examination spasm by testing skin fold purpose for the presence of spasm on the Low Back Pain, if positive skin is difficult to be folded, and if it can dilipatpun will cause pain, Short Wave Diathermy (SWD) is the intervention modalities of heat in the treatment of physical and Core Stability Exercise (CSE) is an exercise which includes the synergistic activation of the muscles of the core muscles of the trunk (core). Effects core stability exercises will develop muscles work dynamic muscular corset. This intervention will know how the administration of the intervention Short Wave Diathermy (SWD) and methods of Core Stability Exercise (CSE) in reducing spasm m.Quadratus lumborum in the case of Low Back Pain (LBP) myogenic, with as many as 12 times the therapeutic treatment. In the passage of the intervention there will be a contraction of coordinated and concurrent (co-contraction) of the muscles will give rigidity celender to prop trunk, as a result of pressure intradiskal reduced and will reduce the workload of the muscles lumbar, so the network is not easy to injury, muscle strain abnormal lumbar reduced.

**Keywords:** Spasms, Pain LBP Miogenic, SWD, CSE