

# **PEMBERIAN INTERVENSI *SHORTWAVE DIATHERMY* DAN *CORE STABILITY EXERCISE* UNTUK MENINGKATKAN FLEKSIBILITAS LUMBAL PADA PENDERITA *LOW BACK PAIN MYOGENIC***

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## **Abstrak**

*Low Back Pain (LBP) Myogenic* adalah nyeri pinggang yang disebabkan gangguan musculoskeletal tanpa disertai gangguan neurologis antara vertebra thorakal 12 sampai bagian bawah pinggul. Tujuan penulisan ini adalah untuk mengetahui hasil pemberian intervensi *Short Wave Diathermy (SWD)* dan *Core Stability Exercise* dalam meningkatkan fleksibilitas lumbal pada kasus *Low Back Pain Myogenic*. Pengambilan data dilakukan di klinik UPN “Veteran” Jakarta, selama dua minggu. Pemberian intervensi ini dilakukan 6 kali terapi, dengan seminggu 3x selama 60 menit. Pasien *Low Back Pain Myogenic* yang diambil sesuai dengan kriteria inklusi dan eksklusi. Adapun hasil yang di dapat: Nyeri duduk dari T1 = 2 dan T6 = 1, nyeri tekan: T1 = 4 dan T6= 2, nyeri gerak saat ekstensi: T1 = 5 dan T6 = 1, nyeri gerak saat fleksi: T1 = 5 dan T6 = 2. Kekuatan otot pada pinggang dari T1 = fleksi trunk 3 ekstensi trunk 2, menjadi T6 = fleksi trunk 4,ekstensor trunk, 4. *Schober Test*: T1 = 1cm dan T6 = 5cm. Berdasarkan hasil yang di dapat, maka dapat disimpulkan bahwa setelah diberikan Intervensi *Short Wave Diathermy* dan *Core Stability Exercise* untuk meningkatkan fleksibilitas lumbal pada pasien *Low Back Pain Myogenic*.

**Kata Kunci :** *Low Back Pain Myogenic, Core Stability Exercise, Shortwave Diathermy, Schober Test, Fleksibilitas Lumbal.*

# THE INTERVENTION OF SHORTWAVE DIATHERMY AND CORE STABILITY EXERCISE TO IMPROVE LUMBAR FLEXIBILITY IN PATIENTS WITH LOW BACK PAIN MYOGENIC

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## Abstract

*Low Back Pain (LBP) Myogenic* is low back pain caused by disorders of the musculoskeletal without neurological disorders between vertebral lumbar thorakal 12 to section 5. The purpose of this paper is to find out the results of interventions for *Short Wave Diathermy (SWD)* and *Core Stability Exercise (CSE)* in Increase flexibility lumbar in the case of Myogenic Low Back Pain. The data was collected at the UPN "Veteran" clinic in Jakarta, for two weeks. The intervention was administered 6 times, with a 3x week for 60 minutes. Myogenic Low Back Pain (LBP) patients are taken according to the inclusion and exclusion criteria. The results in the can after the intervention: Pain sitting of T1 = 2 and T6 = 1, tenderness: T1 = 4 and T6 = 2, pain motion when the extensions are: T1 = 5 and T6 = 1, painful motion of flexion: T1 = 5 and T6 = 2. waist muscle strength of trunk flexion T1 = 3 2 trunk extension, trunk flexion becomes T6 = 4, trunk extensor, 4. Schober Test: T1 = T6 = 1cm and 5cm. Based on the results in the can, it can be concluded that after a given intervention Short Wave Diathermy (SWD) and Core Stability Exercise (CSE) to improvelumbar flexibility in patients with *Low Back Pain Myogenic*.

**Keyword :** *Low Back Pain Myogenic, Core Stability Exercise, Shortwave Diathermy, Schober Test, Flexibility Lumbar.*