

PEMBERIAN INTERVENSI SHORTWAVE DIATHERMY DAN CORE STABILITY EXERCISE UNTUK MENINGKATKAN AKTIVITAS FUNGSIONAL PADA PENDERITA MECHANICAL CHRONIC LOW BACK PAIN

ADO RIZKI ANANDIKA

Abstrak

Low back pain mekanik mengarah pada nyeri punggung bawah yang digunakan secara berlebihan, sehingga menimbulkan *stress* pada otot. Problematik yang timbul adalah adanya spasme, nyeri, keterbatasan LGS, penurunan kekuatan otot dan penurunan aktivitas fungsional. Tujuan penulisan ini adalah untuk mengkaji hasil intervensi *shortwave diathermy* dan *core stability exercise* dapat meningkatkan aktivitas fungsional pada penderita *mechanical chronic low back pain*. Parameter yang digunakan adalah *Oswestry Disability Index* (ODI). Intervensi diberikan sebanyak 7x, dengan dosis *shortwave diathermy*: frekuensi 3x/seminggu, intensitas 50 watt dan tipe *continuous* selama 15 menit, sedangkan dosis *core stability exercise*: frekuensi 3x seminggu, intensitas 10 detik/gerakan selama 30 menit, 10 repetisi 6' hold dan 4' rest, 3 set dan 4 sesi. Berdasarkan hasil evaluasi terjadi penurunan *score* ODI dari 24% dengan hasil *moderate disability* menjadi 14% dengan hasil *minimal disability*. Kesimpulan yang didapat adalah pemberian intervensi *shortwave diathermy* dan *core stability exercise* dapat meningkatkan aktivitas fungsional pada penderita *mechanical chronic low back pain* .

Kata Kunci: *Low back pain, shortwave diathermy, core stability exercise, oswestry disability index*, aktivitas fungsional.

THE INTERVENTION OF SHORTWAVE DIATHERMY AND CORE STABILITY EXERCISE FOR IMPROVING FUNCTIONAL ACTIVITY IN PATIENTS WITH MECHANICAL CHRONIC LOW BACK PAIN

ADO RIZKI ANANDIKA

Abstract

Mechanical low back pain leads to a pain that is normally overused. Problematic in LBP is spasm, pain, limited ROM, decreased in muscle strength and decreased in functional activity. This paper's purpose is to examine the results of SWD and CSE interventions can increase functional activity in patients with mechanical chronic low back pain. The parameter is Oswestry Disability Index. Intervention was given 7 times, with dose shortwave diathermy: frequency 3x/week, intensity 50watt and continuous type for 15 minutes, while dose core stability exercise: frequency 3x/week, intensity 10 seconds / movement for 30 minutes, 10 reps 6 hold 4 rest, 3 sets and 4 sessions. The evaluation showed the reduction of ODI's score from 24% which means moderate disability turned to 14% which means minimal disability. The conclusion is the intervention of shortwave diathermy and core stability exercise can increase functional activity in patients with mechanical chronic low back pain

Keyword: Low back pain, shortwave diathermy, core stability exercise, oswestry disability index, functional activity