

PENATALAKSANAAN FISIOTERAPI PADA KASUS *LOW BACK PAIN* MENGGUNAKAN TENS, SWD DAN *WILLIAM FLEXION EXERCISE*

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Abstrak

Nyeri punggung bawah atau yang lebih familiar dengan sebutan *Low Back Pain* merupakan kondisi nyeri yang timbul di area pinggang dan dapat menjalar sampai ke tungkai. Ada banyak faktor yang dapat memengaruhi terjadinya *Low Back Pain*, diantaranya kebiasaan postur buruk, aktivitas fisik berlebihan, cedera, dan trauma. Pasien dengan keluhan ini sering mengalami seperti nyeri, spasme dan penurunan kekuatan otot, penurunan lingkup gerak sendi, serta gangguan aktivitas fungsional. Studi kasus ini bertujuan untuk mengevaluasi penatalaksanaan fisioterapi pada kasus *Low Back Pain*. Pasien merupakan seorang perempuan berusia 25 tahun dengan keluhan nyeri diam, gerak, dan tekan, serta penurunan lingkup gerak sendi dan kekuatan otot. Intervensi yang diberikan berupa multimodal yaitu TENS, SWD, dan *William Flexion Exercise* sebanyak tiga kali sesi terapi. Hasil penelitian menunjukkan adanya penurunan signifikan pada nyeri diam dari 2 ke 0, nyeri gerak dari 5 ke 3 dan nyeri tekan dari 6 ke 4, serta peningkatan lingkup gerak sendi sebanyak 5 derajat dan kekuatan otot fleksor dan ekstensor *hip*. Selain itu, terjadi peningkatan kemampuan fungsional pasien yang diukur menggunakan *Oswestry Disability Index* (ODI) dari disabilitas sedang menjadi disabilitas ringan. Berdasarkan hasil ini, kombinasi TENS, SWD, dan *William Flexion Exercise* terbukti efektif dalam meningkatkan pemulihan pasien dengan kondisi *Low Back Pain*.

Kata kunci: *Low Back Pain*, TENS, SWD, *William Flexion Exercise*, Fisioterapi

PHYSIOTHERAPY MANAGEMENT IN LOW BACK PAIN CASES USING TENS, SWD AND WILLIAM FLEXION EXERCISE

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Abstract

Low Back Pain or more familiarly known as LBP is a painful condition that arises in the waist area and can radiate to the legs. There are many factors that can affect the occurrence of Low Back Pain, including poor posture habits, excessive physical activity, injuries, and trauma. Patients with these complaints often experience such as pain, spasms and decreased muscle strength, decreased range of joint motion, and impaired functional activity. This case study aims to evaluate the management of physiotherapy in cases of Low Back Pain. The patient was a 25-year-old woman with complaints of silent pain, movement, and pressure, as well as decreased range of joint motion and muscle strength. The interventions provided were multimodal, namely TENS, SWD, and William Flexion Exercise for three therapy sessions. The results showed a significant decrease in silent pain from 2 to 0, motion pain from 5 to 3 and pressure pain from 6 to 4, as well as an increase in joint range of motion by 5 degrees and the strength of the flexor and hip extensor muscles. In addition, there was an increase in the functional ability of patients measured using the Oswestry Disability Index (ODI) from moderate to mild disability. Based on these results, the combination of TENS, SWD, and William Flexion Exercise was shown to be effective in improving the recovery of patients with Low Back Pain conditions.

Keywords: Low Back Pain, TENS, SWD, William Flexion Exercise, Physiotherapy