

LATIHAN *CORE STABILITY* UNTUK MENINGKATKAN AKTIVITAS FUNGSIONAL PADA NYERI PUNGGUNG BAWAH *MYOGENIC*

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Abstrak

Nyeri punggung bawah *myogenic* adalah *strees/strain* otot-otot punggung, tendon dan ligament yang biasanya ada bila melakukan aktivitas sehari-hari secara berlebihan, seperti berdiri atau duduk terlalu lama, juga mengangkat barang berat dengan salah. Penelitian ini dilakukan untuk mengetahui latihan *core stability* dapat meningkatkan aktivitas fungsional pada nyeri punggung bawah *myogenic*. Penelitian ini dilakukan dengan pemberian latihan *core stability* seperti *bridging*, *single leg bridging*, *modified plank*, *front plank* dan *sideplank*. Pasien diberikan latihan sebanyak 6x dalam waktu 2 minggu dengan intensitas 70% kemampuan pasien. Penelitian dilakukan di Rs. dr.Mintohardjo. Peningkatan aktivitas fungsional di ukur dengan *oswestry disability index (ODI)* sebelum dan sesudah latihan. Setelah 2 minggu di lakukan latihan, terjadi penurunan skor *ODI* dari nilai awal di dapat skor 28% dan setelah pemberian latihan di dapat skor 24%. Dari hasil penelitian ini dapat di simpulkan bahwa latihan *core stability* dapat meningkatkan aktivitas fungsional. Penelitian diharapkan bermanfaat pada pasien nyeri punggung bawa *hmyogenic* dalam meningkatkan aktivitas fungsional.

Kata kunci : *Core Stability*, Nyeri Punggung Bawah *Myogenic*, *ODI*

CORE STABILITY OF FUNCTIONAL EXERCISE TO INCREASE IN LOW BACK PAIN MYOGENIC

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Abstrack

Low back pain is the myogenic stress / strain back muscles, tendons and ligaments that normally exist when doing daily activities in excess, such as standing or sitting too long, too heavy lifting with wrong. This study was conducted to determine whether the core stability exercise can improve the functional activity of the low back pain myogenic. This research was conducted with the provision of core stability exercises such as bridging, single leg bridging, modified plank, front plank and side plank. Patients given exercises as much as 6x within 2 weeks with an intensity of 70% of patients ability. The study was conducted at Rs. dr.Mintohardjo. Increased functional activity measured by oswestry disability index (ODI) before and after exercise. After 2 weeks in doing exercise, ODI scores decreased from baseline in can score 28% and after the administration can exercise at a score of 24%. From the results of this research can be concluded that that core stability training can improve functional activities. Research is expected to be beneficial in patients with low back pain myogenic in improving functional activities.

Keywords: Core Stability, Low Back Pain Myogenic, ODI