

ABSTRACT

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APLICATION INFRA RED RADIATING AND WILLIAM FLEXION EXERCISE WITH LOW BACK PAIN MYOGENIC CONDITION

Background and Purpose : Low back pain myogenic is a disorder of the vertebra which can cause pain causing functional disorders adaptable to inhibit daily activities. The purpose of this paper is a graduation requirement for a diploma III physiotherapy and aims to determine the modalities infra red radiating and william flexion exercise of reducing pain, range of motion, and the ability daily activities on the lower back.

Method : Physiotherapy treatment for myogenic low back pain with Infra Red Radiating and William Flexion Exercise modalities. The problems discussed are pain, decreased joint range of motion and decreased functional ability. The instruments used are Visual Analog Scale, Schoober Test and ODI scale. Therapy was carried out 3 times, starting from February 25 to 03 March 2022.

Discussion: Pain can be reduced by the use of infrared radiating using the mechanism of vasodilation resulting from infra red radiating on muscle spasms. The scope of joint motion and functional ability activities can be increased by giving william flexion exercises with the GTO mechanism which causes stretching so that the range of motion of the joints increases and the ability of functional activities increases.

Conclusions and suggestions : Infra red radiating and William Flexion Exercise have an effect on reducing pain, increasing the range of motion of joints and the ability of functional activities. Suggestions that can be given are information to deepen knowledge of physiotherapy in low back pain myogenic conditions and management of exercise therapy for low back myogenic conditions.

Keywords: Low back pain, warm-up, exercise