

INTISARI

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APLIKASI *ICE MASSAGE* DAN *CORE STABILITY EXERCISE* PADA
KONDISI *LOW BACK PAIN MYOGENIC*

Latar Belakang dan Tujuan Penelitian : *low back pain myogenic* adalah rasa tidak nyaman di daerah sekitar punggung bawah dikarenakan kelemahan otot yang dapat menimbulkan nyeri sehingga menyebabkan lingkup gerak sendi terbatas yang akhirnya dapat menghambat aktivitas sehari-hari. Tujuan Karya Tulis ini untuk mengetahui pengaruh *ice massage* dan *core stability exercise* pada penurunan intensitas nyeri dan peningkatan lingkup gerak sendi pada kondisi *low back pain myogenic*.

Metode penanganan kasus : Pada laporan karya tulis ilmiah ini, penulis memberikan beberapa tindakan pada sample penelitian Tn.K meliputi modalitas fisioterapi *ice massage* yang berfungsi mengurangi nyeri pada punggung bawah dan *core stability exercise* yang berguna untuk meningkatkan lingkup gerak sendi punggung bawah, untuk instrumen pengukuran nyeri menggunakan *verbal rating scale* dan pengukuran lingkup gerak sendi menggunakan *schober test*. Tindakan terapi yang dilakukan terhitung 4 kali dari tanggal 31 januari sampai 8 februari 2023.

Hasil penelitian : nyeri berkurang dengan penggunaan modalitas *ice massage* dan lingkup gerak sendi dapat bertambah dengan pemberian *core stability exercise*. Setelah dilakukan tindakan terapi fisioterapi sebanyak 4 kali didapatkan hasil adanya penurunan nyeri dengan VRS, nyeri diam dengan hasil T1 = 2 hingga T4 = 0, nyeri tekan dengan hasil T1 = 2 hingga T4 = 1 dan nyeri gerak dengan hasil T1 = 2 hingga T4 = 0, dan penambahan lingkup gerak sendi dengan *schober test* pada gerakan *fleksi* T1 = 57 cm hingga T4 = 61 cm, gerakan *ekstensi* T1 = 50 cm hingga T4 = 52 cm, gerakan *lateral fleksi dextra* T1 = 50 cm hingga T4 = 47 cm dan gerakan *lateral fleksi sinistra* T1 = 48 cm hingga T4 = 40 cm.

Simpulan dan Saran : *Ice massage* dan *Core stability Exercise* berpengaruh pada penurunan nyeri dan meningkatkan lingkup gerak sendi punggung bawah. Saran yang diberikan yaitu informasi untuk memperdalam pengetahuan fisioterapi pada kondisi *low back pain myogenic* dan penatalaksanaan terapi latihan untuk kondisi *low back pain myogenic*.

Kata kunci : *Low back pain, Ice massage, Core Stability Exercise.*

ABSTRAK

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APLIKASI *ICE MASSAGE* DAN *CORE STABILITY EXERCISE* PADA
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Background and Research Objectives: *Myogenic low back pain* is a feeling of discomfort in the area around the lower back due to muscle weakness which can cause pain, causing a limited range of joint motion which can ultimately hinder daily activities. The purpose of this paper is to determine the effect of *ice massage* and *core stability exercise* on reducing pain intensity and increasing range of motion in *myogenic low back pain* conditions.

Methods of handling cases: In this scientific paper report, the authors provide several actions on Mr.K's research sample including physiotherapy modalities *ice massage* which functions to reduce lower back pain and *core stability exercise* which is useful for increasing the range of motion of the lower back joints, for measuring instruments pain using a verbal rating scale and measuring the range of motion of the joints using the *Schober test*. Therapeutic actions were carried out 4 times from January 31 to February 8 2023.

The results of the study: pain is reduced by using the *ice massage* modality and the range of motion of the joints can be increased by administering *core stability exercise*. After 4 physiotherapy treatments, the results showed a decrease in pain with VRS, silent pain with results T1 = 2 to T4 = 0, tenderness with results T1 = 2 to T4 = 1 and motion pain with results T1 = 2 to T4 = 0, and additional joint range of motion with the *Schober test* on *flexion* movement T1 = 57 cm to T4 = 61 cm, *extension* movement T1 = 50 cm to T4 = 52 cm, *lateral flexion dextra* movement T1 = 50 cm to T4 = 47 cm and movement *left lateral flexion* T1 = 48 cm to T4 = 40 cm.

Conclusions and Suggestions: *Ice massage* and *Core stability Exercise* have an effect on reducing pain and increasing the range of motion of the lower back joints. The advice given is information to deepen knowledge of physiotherapy in conditions of *myogenic low back pain* and management of exercise therapy for conditions of *myogenic low back pain*.

Keywords: *Low back pain, Ice massage, Core Stability Exercise*

