

APPLICATION OF PREGNANCY EXERCISE TO REDUCE BACK PAIN IN PREGNANT WOMEN TRIMESTER III

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ABSTRACT

Background; During pregnancy the mother experiences changes both physically and psychologically. Changes cause pregnant women to experience discomfort, including back pain that usually increases with increasing gestational age the impact that occurs risky suffered trombosis veins. One way to reduce back pain is with pregnancy exercise. **Aim;** describe the scale of back pain in pregnant women before and after pregnancy exercise. **Metode;** the design of this study is descriptive, the subjects used are 2 pregnant women primigravida trimester three gestational age that meet the criteria of inclusion or exclusion. The study was conducted in March in Pandeyan village, Ngemplak, Boyolali. While the data processing in this research by narrative. Sources of data obtained from the assessment before and after pregnancy exercise using an observation sheet and pain scale sheet. **Results;** of giving pregnancy exercises to 2 respondents who initially experienced severe pain controlled to mild pain after pregnancy exercises performed 3 times a week for 30 minutes. **Conclusion;** prencnancy execise is able to recude low back pain in pregnant women trimester three.

Keywords : *pregnancy, low back pain, pregnancy exercise.*

