CORE STABILITY EXERCISE AND WILLIAM FLEXION EXERCISE FOR REDUCING MYOGENIC LOW BACK PAIN IN PORTER

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SUMMARY

Background of Study: *Health problems that occur in today's society are Myogenic Low Back Pain. In developing countries the incidence rate of Low Back Pain is estimated at 60-85%. Data obtained from pelvic porters who attended the study in Palur Ngringo Village (RW 03) that 52 people out of 112 people experienced Low Back Pain Myogenic with symptoms of tension in the muscles around the lumbar. Pelvic porters complain of Low Back Pain Myogenic due to lifting heavy weights in the wrong position. Pelvic porters do not yet know how to reduce Low Back Pain Myogenic with proper exercise so there needs to be an Information and Education Communication (IEC) media for providing information to pelvic porters.* ***Purpose:*** *Knowing the making of Information and Education Communication (IEC) media regarding Core Stability Exercise and William Flexion for Reducing Myogenic Low Back Pain in overcoming the problem of pelvic porters in Palur Market.* ***Methods:*** *The method used is using IEC media, namely a booklet which is produced as an educational tool about exercise to reduce Myogenic Low Back Pain.* ***Results:*** *Information and Education Communication (IEC) printed media in the form of a booklet entitled, "Core Stability and William Flexion for Reducing Myogenic Low Back Pain in Pelvic Porters" Exercise and William Flexion for Reducing Myogenic Low Back Pain.* ***Conclusion:*** *The IEC media in the form of a booklet as a media for promotion, information and education for pelvic porters about Core Stability Exercise and William Flexion for Reducing Myogenic Low Back Pain.*

Keywords: *Core Stability Exercise, William Flexion, Low Back Myogenic Pain, Pelvic Porters.*