

WARM COMPRESS AND BACKRUB TO LOWER BACK PAIN IN PREGNANT WOMEN TRIMESTER III

Desty Arina

destya.rina@gmail.com

Aisyiyah University Of Surakarta

ESSENCE

Back Ground; Changes in the musculoskeletal system in pregnant women will cause pregnant women to often feel lower back pain. Lower back pain is an inconvenience that occurs under costa and above the inferior gluteal part. Insurmountable back pain in pregnant women will decrease productivity and risk death. One of the non pharmacological management to lower back pain is warm compress and backrub. **Method;** Increase public knowledge, especially pregnant women about warm compresses and backrubs in overcoming back pain complaints by using poster methods. **Result;** Has created an educational media poster with the title "Warm Compresses And Backrubs (Backrub) To Lower Back Pain In Pregnant Women Trimester III". **Conclusion;** Has been created a poster with the title "Warm Compresses And Backrubs (Backrub) To Lower Back Pain In Pregnant Women Trimester III" is expected to help educate, especially pregnant women and can be used as an alternative treatment for back pain complaints by pregnant women with nonpharmacological therapy in the form of warm compresses and backrubs.

Keywords:

Pregnancy, back pain, warm compresses and backrub.