

***EFFECT OF CORE EXERCISE AND MASSAGE ON MUSCLE STRENGTH
AND PAIN REMOVAL IN LOW BACK PAIN ISCHIALGIA IN ELDERLY***

Ajeng Haryanti, Ari Sapti Mei Leni

ajengharyanti14@gmail.com

'Aisyiyah University Surakarta

ABSTRACT

Background: Most elderly sufferers of low back pain ischialgia experience a decrease in muscle strength and pain which can affect daily activities. Elderly core exercise and massage can be done to increase muscle strength and reduce pain.

Objective: To determine the effect of giving the elderly core exercise and massage on muscle strength and pain reduction in low back pain ischialgia in the elderly at UPT Puskesmas Sibela.

Methods: This study used a pre-post test non-equivalent control group design with a total sample of 42 subjects divided into a treatment group and a control group of 21 subjects each. The research instrument used questionnaires, interviews, and measurements of MMT and VAS. The elderly core exercise intervention and massage were carried out 2x a week for 1 month.

Analysis of the data using the Wilcoxon effect test and the different effect test with Mann Whitney.

Results: The results of this study showed that there was an effect on both groups before and after the intervention, in the treatment group the MMT value ($p=0.002$) and VAS value ($p=0.037$), while the control group had the MMT value ($p=0.041$) and the VAS value. ($p=0.044$). There was a difference in the effect between the two groups after being given the intervention, the MMT value ($p=0.007$) and the VAS value ($p=0.023$). ***Conclusion:*** There is an influence in each group and there is a difference in influence between the two.

Keywords: muscle weakness, pain reduction, elderly core exercise, and massage