

**APPLICATION OF EARLY MOBILIZATION TO REDUCING POST  
SECTIO CAESAREA MATERNAL PAIN INTENSITY**

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**ABSTRACT**

**Background:** One of the effects after sectio caesarea surgery is pain, pain arises due to the release of pain receptors due to the interruption of tissue continuity due to the incision process during surgery. There were 257 cases of post sc patients who experienced pain at the Karanganyar Regency Hospital in 2021, an increase of 38.5%. One of the nursing interventions that can be given is early mobilization of postoperative patients. Early mobilization can improve blood circulation which can reduce pain. **Objective:** To find out the results of the implementation of Early Mobilization on Reducing Pain Intensity for Post Sectio Caesarea Mothers in Karanganyar District Hospital. **Methods:** Observative descriptive study using the case study method which was conducted on two post-cesarean post-sectio mother respondents who underwent early mobilization to reduce the intensity of post-caesarean pain which was carried out in the first 6 hours of post-cesarean section until the third day with 15-20 minutes of assistance. **Results:** The pain intensity of the two respondents on the first day was on a moderate pain scale of 5-6 and on the third day after a series of early mobilizations, the pain intensity of the two respondents decreased to a mild pain scale of 1-2. **Conclusion:** There is a decrease in pain intensity after early mobilization.

**Keywords:** *post sectio caesarea, pain, early mobilization*