

**APPLICATION OF WILLIAM FLEXION EXCERSICE TO FARMERS WITH
LOW BACK PAIN IN PRINGANOM VILLAGE
SRAGEN REGENCY**

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ABSTRACT

Background : Based on the data from Central Java shows that 40% people started from 20 until 65 years old suffered from LBP, estimated 18,2% for men and 13,6% for women. All farmer activities involve the spinal muscles which can caused farmers to suffer from low back pain. One steps to reduce LBP is apply the William Flexion. **Objective** : Describe the results observations application William Flexion to Farmer with Low Back Pain. **Method** : This method descriptive analysis and a pain measurement scale with Visual Analog Scale (VAS). In this method implemented the William Flexion, measured level Low Back Pain after intervention has been carried out for 6 meetings in 2 weeks. **Results** : After applying the William Flexion to the respondents, there was a reduction in the level of Low Back Pain. **Conclusion** : Application William Flexion to farmers with Low Back Pain can reduce level of pain.

Keywords : Farmer, Low Back Pain, William Flexion