

The effect of pregnancy exercise on reducing back pain in the third trimester of pregnancy using Video

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ESSENCE

Background : Pregnancy is a time when the mother will experience physical and psychological changes. The physical changes that occur sometimes even cause discomfort for the mother, one of which is lower back pain. Back pain in pregnant women occurs in the second and third trimesters of pregnancy which is related to increased body weight due to enlargement of the uterus and stretching of the supporting muscles, due to the relaxation hormone (a hormone that makes muscles relax and become limp) which is produced. One way to reduce this discomfort is to do pregnancy exercises.

Purpose : This communication, information, and education aims to determine the effect of pregnancy exercise on reducing back pain in the third trimester of pregnancy.

Method : The method used in communication, information, and education is booklets.

Results : Output in the form of a video about the influence of pregnancy exercise on reducing back pain in the third trimester of pregnancy at PMB.

Conclusion : Video media has been created to educate the public, especially pregnant women and can be used as an alternative to reduce back pain.