

Body Mechanic To Reduce Back Pain In Pregnant Women In The Third Trimester With Video Media

Evi Kurniawati

kurniawatievi96@gmail.com

Universitas 'Aisyiyah Surakarta

SUMMARY

Background: *During pregnancy, physical changes often occur and can cause discomfort is back pain. One of the efforts that can be done to overcome back pain is with pharmacology and non pharmacology. Non pharmacology back pain can be overcome by doing body mechanics, body mechanics in pregnant women is a good body position to adjust body changes in pregnant women, especially the lordosis spine, body mechanics video media as a means of health education has advantages in terms of providing good visualization so that it facilitates the process of absorbing knowledge.* **Objective:** *To create a learning media to improve pregnant third trimester.* **Method:** *Using video media to educate mothers knowledge about body mechanics to reduce back pain in pregnant women who experience back pain by making video designs using the capcut and vn applications.* **Results:** *Educational media in the form of videos containing body mechanics to reduce back pain in pregnant women in third trimester.* **Conclusion:** *The creation of video media that can be used as a means of information and education, especially for pregnant women who experience back pain.*

Keywords: *Pregnant Women in the Third Trimester, Body Mechanics, Video Media*