

THE DIFFERENCE OF INFLUENCE OF KINESIO TAPING AND CORE STABILITY EXERCISE AGAINST A DECREASE IN LOW BACK PAIN MYOGENIC ON STUDENT MUSICIANS IN THE ART INSTITUTE INDONESIA SURAKARTA

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ABSTRACT

Background: lower back pain is not only found among adults but not closing the possibility can be attacked students as well as students. Student musicians can spend 2 to 4 hours with a seated position so many students who complained of sore and stiff on the back to the waist down. Intervention of Kinesio taping and Core Stability Exercise is exercise that can reduce the pain Low Back Pain Myogenic. **Objective:** know the differences influence the granting of kinesio taping and core stability exercise against a decrease in low back pain myogenic on student musicians. **Method:** this type of research design experimental True Two Group Pretest and Posttest Design. This research using simple random sampling. The number of respondents as many as 40 people where each group numbered 20 people were given treatment 3 times a week for 3 weeks. Evaluation of pain using VAS. **Results:** the results of a test for Paired Samples T test in Group I $p < 0.001$ and group II $< p < 0.001$ ($p < 0.005$). Independent T Test test results in both groups showed $p < 0.001$ ($p < 0.005$) **conclusion:** there is a difference of influence awarding of kinesio taping and core stability exercise against a decrease in pain low back pain myogenic on student musicians.

Keywords: student, low back pain myogenic, kinesio taping, core stability exercise.

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