

ABSTRACT

IMPLEMENTATION OF PREGNANCY EXERCISE TO REDUCE BACK PAIN ON THIRD TRIMESTER PREGNANT WOMAN IN BPM SRI LUMINTU

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Background: *One of the most common discomforts in pregnancy is back pain. Back pain is a common disorder experienced by pregnant women during pregnancy until the post-natal period. One effort that can be done to reduce back pain during pregnancy is pregnancy exercise. It aims to accelerate blood circulation, improve circulation, and ease muscle tension in order to reduce back pain.* **Objective:** *To find out the implementation of pregnancy exercise to reduce back pain in third trimester pregnant women.* **Research method:** *This research uses descriptive observational method with case study approach. Location of study was at BPM Sri Lumintu, in May-June 2017. Research subject was Ny.E aged 27 years G1P0A0 whose pregnancy period was on 34 weeks with normal pregnancy.* **Result:** *Pregnancy exercise implementation at Ny.A age 27 years G1POA0 whose pregnancy was on 34 weeks of normal pregnancy with back pain problems by pregnancy exercise 2 times a week regularly resulted in the reduction of the back pain which is suffered.* **Conclusion:** *Implementation of pregnancy exercise can reduce back pain in pregnant women.*

Keywords: *Back Pain, Pregnancy Exercise, Pregnancy*