APPLICATION OF BACK MASSAGE THERAPY ON REMATIC PAIN IN ELDERLY IN THE VILLAGE OF TROSOBO SAMBI BOYOLALI

Anton Nurrohman, Anjar Nurrohmah, Endah Sri Wahyuni
antonnurrohman64@gmail.com
STIKES 'Aisyiyah Surakarta

ABSTRACT

Background; *Pain is an unpleasant sensory and emotional experience due to tissue damage, both actual and potential or that is described in the form of such damage. Factors that can trigger are activity, and nutrition. Back massage is an effort to reduce pain by using cutaneous stimulus by influencing the activity of the autonomic nervous system.* **Objectives;** *describe and find out the results of implementation of the application of back massage therapy to the scale of rheumatic pain in the elderly.* **Method;** *The study design uses a descriptive method with a case study approach. Measurements were made involving 2 respondents with mild rheumatic pain who were included in the inclusion criteria. Back massage is done 2 days for 30 minutes with stroking for 2 minutes, petrissage for 14 minutes, friction for 10 minutes, tapotement / percussion for 2 minutes and effleurage for 2 minutes.* **Results;** *The study found that there was a change in the value of the NRS scale before and after the application of both respondents by 1.* **Conclusion;** *There are differences in the development of NRS scale measurement results on the two respondents who are influenced by the activity, nutrition and history of drug consumption.*

Keywords: *Pain, Back Massage, NRS Scale*