

ESSENCE

DRY CUPPING AT BL 23 POINT TO REDUCE OF POSTPARTUM LOW BACK PAIN

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Introduction: Low back pain is pain that is felt in the back area. In general, 60-80% of postpartum mothers experience low back pain with varying degrees of pain, and these changes do not return to normal immediately until muscle and joint strength returns to normal. Low back pain that is usually felt at the beginning of the puerperium can be relieved by non-pharmacological treatment, namely dry cupping at the acupuncture point BL 23 (Shenshu). **Purpose:** to publish the results of research that has been done by previous researchers, namely dry cupping at point BL 23 to reduce low back pain in postpartum mothers. **Method:** The method used is to create an output in the form of a poster to be published and to attract public reading interest. **Results:** Dry cupping at point BL 23 was performed at 8 hours postpartum to 1 week and evaluated after 2 weeks postpartum. After dry cupping was done, the mother felt the pain scale decreased. **Conclusion:** Dry cupping performed at point BL 23 has been proven effective in reducing low back pain for postpartum mothers.

Key words: Pain, BL 23, dry cupping, postpartum