

PILATES EXERCISE FOR IMPROVING TRUNK FLEXIBILITY IN POSTMENOPAUSAL WOMEN

Nindya Rufin Sholihah, Ari Sapti Mei Leni

nindyasj@gmail.com

'Aisyiyah University of Surakarta

SUMMARY

Background: Daily activities carried out by humans not only require a healthy physical condition, but also need physical fitness. One of the components of physical fitness is flexibility to support daily activities. The decrease of the estrogen hormone during postmenopause can cause some disorders in the musculoskeletal system. Examples of changes in the musculoskeletal system are the reduced of muscle mass and flexibility, including trunk flexibility. As a promotional effort to solve the problem of decreased trunk flexibility in postmenopausal women, a Communication, Education and Information (CEI) media is needed. **Purpose:** To increase the knowledge of physiotherapists about pilates exercise to improve trunk flexibility in postmenopausal women. **Method:** The CEI media selected was a pocket book. Pocket book were chosen as CEI media because it has several advantages. The pocket book was made with due observance of the guidelines from 'Aisyiyah University of Surakarta. **Results:** CEI media in the form of a pocket book entitled "Pilates Exercise for Improving Trunk Flexibility in Postmenopausal Women". This pocket book contains postmenopause, trunk flexibility, and pilates exercises explanation. **Conclusion:** The pocket book entitled "Pilates Exercise for Trunk Flexibility in Postmenopausal Women" was chosen as a health promotion media targeting health practitioners, especially physiotherapists.

Keywords: pilates exercise, postmenopause, trunk flexibility