

**APPLICATION OF ERGONOMIC SITTING POSITION AND WORKPLACE
STRETCHING EXERCISE TO TREAT LOW BACK PAIN MYOGENIC IN
TAILORS**

Anisa Irmawati, Ari Sapti Mei Leni

Anisairmawati76@gmail.com

Universitas 'Aisyiyah Surakarta

SUMMARY

Background : Tailoring is one of the jobs occupied by most people in Indonesia, both individually and in the convection industry. Tailors often experience rigid working postures and static muscle loads due to repetitive work. Usually tailors need to work for 8-10 hours per day with a more dominant sitting position so workers often complain of low back pain. Therapy that can be given to overcome Myogenic Low Back Pain (LBP) in tailors is the application of an ergonomic sitting position and workplace stretching exercises which are a form of promotive effort to overcome the problem of low back pain, it is necessary to have a medium of Information and Education communication media (IEC). **Objective :** Increase knowledge, especially for tailor workers, regarding the application of ergonomic sitting positions and stretching exercises to treat low back pain. **Methods :** The method used using IEC media is booklet. Booklet was chosen as IEC media because it has several advantages. The booklet is made by taking into account the guidelines from the University of 'Aisyiyah Surakarta. **Result :** IEC print media in the form of booklets can be distributed directly to tailor workers and the general public. **Conclusion :** As a media for promotion, information, and education for the public, especially tailor workers regarding "Application of Ergonomic Sitting Positions and Workplace Stretching Exercise to Treat Low Back Pain Myogenic in Tailors".

Keywords: Tailor, Low Back Pain Myogenic, Ergonomic sitting position, Workplace Stretching exercises.