

**THE EFFECT OF PROVIDING SLUMP STRETCHING EXERCISE AND
STATIC SPINAL EXERCISE ON PAIN MANAGEMENT IN PATIENT
WITH LOW BACK PAIN SPONDYLOSIS LUMBALIS AT RSUI YAKSSI
GEMOLONG**

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ABSTRACT

Background: *Elderly is a stage in the human life journey from birth to over 60 years of age. Overall, the elderly will experience a biological decline that occurs due to a decrease in bone and muscle mass, causing problems in the elderly. Musculoskeletal disorders are problems experienced by the elderly, one which is lumbalis spondylosis. In Indonesia, the data showing that people with lumbalis spondylosis are still unclear. Objective:* *To determine the effect of giving slump stretching exercise and static spinal exercise on pain management in sufferers of low back pain lumbalis spondylosis. Method:* *this type of research is qualitative research, quasi experiment where this research uses pre-post test non-equivalent control group test. Result:* *The effect test using Wilcoxon on the experimental group and control group was $p = 0.022$ ($p < 0.05$) so there was a significant pain reduction effect. The test of the difference in effect between the experimental group and the control group is $p = 0.010$ ($p < 0.05$), so there is a difference in the effect of reducing pain in the two groups Conclusion:* *There is an effect of giving slump stretching exercise and static spinal exercise on pain management in sufferers of low back pain lumbalis spondylosis.*

Keywords: *Elderly, slump stretching exercise, static spinal exercise, spondylosis*