

***Lumbal Flexibility On Lansia With Kifosis Posture In Posyandu Lansia
Village Munggur***

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ABSTRACT

Background: *Later ages generally experience changes in the shape of the bone structure (deformity) especially the vertebrae that affect the posture of the body, one of which often occurs in the elderly is kifosis. Kiphosis can cause disturbed postural stability resulting in a decrease in lumbar flexibility. Lumbar flexibility is the maximum ability of the muscles in the lumbar region to move the joint within the range of movement.* **Objective:** *To find out the effect of Propioceptive Neuromuscular Facilitation Pelvic on lumbar flexibility in the elderly with chemosis posture.* **Method:** *This study uses an experimental quasy with one-group pre-test and post-test with a sample of 35 subjects. The research instrument used the measurement of chemosis posture with flexible ruler curve and lumbar flexibility measurements with modified schober test. Intervention using Propioceptive Neuromuscular Facilitation Pelvic with a frequency of 3 times a week for 4 weeks. Data analysis using the Wilcoxon Test effect test.* **Results:** *The results of this study show that there is an influence of the administration of Propioceptive Neuromuscular Facilitation Pelvic Pelvic on lumbar flexibility in the elderly with a phosphosis posture between before and after the intervention. The lumbal flexibility value obtained ($p=0.008$) in older persons in the senior posyandu Village Munggur between the prior and post-intervention.* **Conclusion:** *There is an influence of Propioceptive Neuromuscular Facilitation Pelvic Pelvic on lumbar flexibility in the elderly with phyphosis posture in the Elderly Posyandu Village Munggur.*

Keywords: *Propioceptive Neuromuscular Facilitation Pelvic Pelvic, kifosis posture, lumbar flexibility.*