

PENGARUH KOMBINASI *WILLIAM FLEXION EXERCISE* DAN *FRICTION* TERHADAP PENURUNAN NYERI DAN PENINGKATAN KEMAMPUAN FUNGSIONAL *LOW BACK PAIN MYOGENIC* PADA LANSIA

Rifai Joko Pramono¹, Alinda Nur Ramadhani²

rifaijokop123@gmail.com

^{1,2} Universitas 'Aisyiyah Surakarta

ABSTRACT

Background: *Elderly is a sign of someone experiencing premature aging or can be categorized if someone is 60 years old and over. The aging process is characterized by anatomical, biological, physiological, and psychological changes. Signs of physical decline include the development of loose skin, wrinkles, gray hair, fatigue, slow movement and decreased flexibility. The prevalence of musculoskeletal disorders, including low back pain, is described as an epidemic. Myogenic low back pain is associated with stress/strain of the back muscles, tendons and ligaments which usually occurs when doing daily activities excessively, such as sitting/standing for too long and lifting heavy objects in the wrong way. Physiotherapy as a health worker plays a role in reducing pain and increasing muscle strength in cases of elderly myogenic low back pain, one of which is with William flexion exercise and friction intervention. William flexion exercise is believed to be an exercise to increase the lumbar curve and increase muscle flexibility while Friction is one of the non-pharmacological therapies that can reduce low back pain, friction will reduce muscle tension and increase mobility and smooth blood circulation.* **Objective:** *To determine whether there is an effect of William Flexion Exercise and friction on reducing pain and increasing functional in elderly with Myogenic Low Back Pain.* **Method:** *This type of research is quantitative research, with a quasi-experimental research type. A sample of 40 respondents with purposive sampling. Pain measurement using (Visual Analogue Scale) VAS and Oswestry Disability Index (ODI).* **Results:** *Based on the results of the Wilcoxon Test using the VAS and ODI instruments, the significance value is 0.000 ($p < 0.05$).* **Conclusion:** *There is an Effect of William Flexion Exercise and Friction on Reducing Pain and Increasing Functional Ability in the Elderly.*

Keywords: *Elderly, Decreased Flexibility, Myogenic Low Back Pain, Oswestry Disability Index (ODI), (Visual Analogue Scale) VAS, William Flexion Exercise, Friction.*