

**THE EFFECT OF A COMBINATION OF NEURODYNAMIC SLIDER
EXERCISE AND CORE STABILITY EXERCISE ON REDUCING PAIN AND
IMPROVING FUNCTIONAL WALKING IN ELDERLY WITH LOW BACK
PAIN ISCHIALGIA**

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ABSTRACT

Background: *Elderly (elderly) is someone who is more than 60 years old, which is the final stage of the aging process which has an impact on the biological, economic and social. Biologically, the elderly will experience progressive aging and be characterized by decreased physical endurance and vulnerability to disease attacks. The elderly will undergo a process where the tissue's ability to heal slowly disappears. Degeneration in the elderly occurs naturally, these changes cause slowing of movement, shortening of footsteps, weakening of muscle strength, pain in the neck, shoulders, lower back and knees. Coupled with bad habits such as bending, sitting and lifting weights for a relatively long time in an unergonomic position can cause lower back pain. One of the causes of low back pain is ischialgia.*

Objective: *To determine the effect of giving a combination of Neurodynamic Slider Exercise and Core Stability Exercise on reducing pain and increasing functional walking in elderly people with Low Back Pain Ischialgia.*

Method: *Quantitative research with a quasi-experimental method (Quasy Experimental) using two group pre-test and post-test with control group.*

Results: *Based on the Mann-Whitney test in table 4.5, the significant value on VAS was $P = 0.011$ or $p = <0.05$ and the significant value on 10MWT was $p = 0.035$ or $p = <0.05$ in the treatment group and the control group, which means H_{a2} was accepted .*

Conclusion: *There is a difference in influence between the treatment group and the control group.*

Keywords: *Elderly; Low Back Pain Ischialgia; Pain; Functional Walking; Neurodynamic Slider Exercise; Core Stability Exercise.*