

## ABSTRACT

The elderly (elderly) are a group that is vulnerable to experiencing various problems such as due to the aging process, decreased activity capacity due to retirement and physical limitations, decreased family income, loneliness left by spouses and children who are married and social interaction and the role of the elderly is reduced. Apart from that, someone who has entered old age is very vulnerable to experiencing or complaining about what is called back pain or what is usually called low back pain. Low Back Pain or lower back pain is pain in the lower back area that occurs due to disturbances or disorders in the muscle and tendon elements without accompanying nerve disorders. The subjects of this research are elderly patients with a medical diagnosis of low back pain, a musculoskeletal condition at PKU Jatinom Hospital. Klaten. The intervention given is Dynamic Neuromuscular Stabilization with Baby Rock and Squad movements. By providing intervention in the form of Dynamic Neuromuscular Stabilization, the pain experienced by the patient can be reduced.