

***The Effect of Providing Core Stability Exercise and Chair Based Exercise Onincreasing Lumbar Flexibility In The Elderly***

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**ABSTRACT**

**Background:** *Entering old age means experiencing physical and psychological decline. Complaints begin to appear along with the decline in physical abilities and strength experienced in old age, such as joint and bone disorders. Diseases that originate from a decrease in the function of the body's organs also make it difficult for parents to carry out daily activities independently. A decrease in flexibility in the elderly can cause problems such as difficulty walking, difficulty carrying out activities, weakness and pain. Decreased lumbar flexibility is characterized by decreased flexibility in the back area, which can result in limited (LGS). This condition has an impact on reducing daily life activities and triggers lower back disease.* **Object:** *elderly people at the Kenanga*

*1 elderly posyandu who were given core stability exercises and chair base exercises.* **Method:** *This type of quasi-experimental research is a two group pre and post test design approach, with a sample size of 50 people measured using the modified Schober test.* **Results:** *From the test results using the wilcoxon sig value. Amoundted to 0,001(sig,<0,005) there wasan infulance of the core stability exercise treatment group, while the wilcoxon tets in the chair based exercise group resulted in a sig equal to 0,001(sig<0,005) there is influence on the chair based exercise treatment group. Man Whitney, a value of 0.210 (sig, > 0.05) was obtained, which means there was no difference in effect between the chair based exercise and core stability exercise groups.* **Conclusion:** *there is no significant difference between the core stability exercise and chair based exercise groups.*

**Key words:** *elderly, lumbar flexibility, core stability exercise, chair based exercise*