

**PERBANDINGAN PENGARUH PENAMBAHAN *DEEP CROSS FRICTION MASSAGE* DAN *MC. KENZIE EXERCISE* TERHADAP PENINGKATAN KEMAMPUAN AKTIVITAS FUNGSIONAL PASIEN DENGAN *LOW BACK PAIN MYOGENIC* DI RSUD DR. SOEHADI PRIJONEGORO SRAGEN**

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***ABSTRACT***

***Background:*** Muscle pain and spasm can lead someone to be afraid mobile in their back. Muscles that are rarely moved will affect decreasing muscle mass and strength. This will cause the individual's functional ability. The addition of Deep Cross Friction Massage and Mc. Kenzie Exercise to relax lower back muscles area to reduce spasm and improve functional ability. ***Objective:*** Knowing the effect and differences effect of the addition on improving functional ability. ***Methods:*** The research type is quantitative research, Quasy Experimental Pretest-Posttest two group design with 50 subjects divided into 2 groups, namely 25 experimental group 1 and 25 experimental group 2. The research instrument used questionnaires, interviews, and functional measurements with ODI. The intervention was carried out 2x a week for 3 weeks. ***Results:*** The results of this study showed that there was an effect on both experimental groups between before and after the intervention, in experimental group 1 ODI value ( $p = 0.046$ ), while in experimental group 2 ODI value ( $p = 0.025$ ). However, there was no significant difference between the two groups ( $P=0.829$ ). ***Conclusion:*** There is an effect on both experimental groups and there is no difference in the effect on both experimental groups.

***Keywords:*** Low Back Pain Myogenic, Functional Activity Ability, Mc Kenzie Exercise, Deep Cross Friction Massage