

The Effect of a Combination of Aquatic Exercise Water Shiatsu and Core Stability Exercise on Reducing Low Back Pain in Musculoskeletal Condition in the Elderly

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ABSTRACT

Background: *Low Back Pain in musculoskeletal condition is a disorder of the lower back muscles caused by excessive daily activities such as sitting for too long, standing, or lifting heavy objects inappropriately, and is accompanied by a dull pain that does not radiate to the lower extremities. Objective:* *To determine the effect of a combination of aquatic exercise water shiatsu and core stability exercise on low back pain in musculoskeletal condition in the elderly. Method:* *This research used Quasy Experimental with one group pre and post-test design with a sample size of 25 subjects. this research instrument uses a questionnaire, and pain measurement with NRS. Combination Aquatic exercise water shiatsu and core stability exercise interventions were carried out 2 times for 3 weeks. Data analysis used the Wilcoxon Signed Ranks Test. Result:* *The result of this study showed that there is an effect of providing combination aquatic exercise water shiatsu and core stability exercise on reducing low back pain in musculoskeletal condition in the elderly between before and after the intervention. The NRS value obtained ($p=0.001$) in the elderly at the RST dr. Soedjono Magelang between before and after the intervention. Conclusion:* *There is an effect of a combination of aquatic exercise water shiatsu and core stability exercise on reducing low back pain in musculoskeletal condition in the elderly.*

Keywords: *aquatic exercise water shiatsu, core stability exercise, and low back pain in musculoskeletal condition.*