

APPLICATION OF FELDENKRAIS EXERCISE TO REDUCE LOW BACK PAIN IN THE ELDERLY

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SUMMARY

Background: *In the aging process, there is a decline in physical, psychological and social conditions which interact with each other, resulting in weakness and decline in various organ functions and the inability to carry out certain activities and is accompanied by disorders or disease. LBP is a health problem in the form of acute or chronic pain felt in the lower back or lumbosacral region. The main symptom of back pain is back pain. Generally, this pain is caused by stretching of muscles that weaken with age in the back and abdominal muscles.* **Objective:** *Increase knowledge for the elderly and physiotherapy students about giving Feldenkrais exercise to reduce pain in low back pain.* **Method:** *The method used uses KIE media, namely Video. Video was chosen as KIE media because it has several advantages. The video was made by paying attention to the guidelines from 'Aisyiyah Surakarta University.* **Results:** *KIE print media in the form of videos can be distributed directly to the elderly and physiotherapy students.* **Conclusion:** *As a media for promotion, information and education for the elderly and physiotherapy students about "Application Of Feldenkrais Exercise To Reduce Low Back Pain in The Elderly"*

Keywords: Feldenkrais Exercise, Pain, Low Back Pain