

**THE EFFECT OF WARM COMPRESSES ON REDUCING BACK PAIN
IN 3RD TRIMESTER PREGNANT WOMEN AT THE
SUNGAI KERAWANG HEALTH CENTER
KUBU RAYA DISTRICT**

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ABSTRACT

Background: Discomfort in pregnant women who experience pain in the lower back, it is identified that there are muscles that experience shortening when the abdominal muscles stretch, resulting in an imbalance in the muscles around the pelvis and lower back and will be felt in the upper part of the ligament. Warm water compress therapy uses warm water as an alternative to reduce pain.

Objective: to determine the effect of warm compresses on reducing back pain in third trimester pregnant women. ***Method:*** Pre-experiment with pretest posttest one group design, consecutive sampling technique, sample of 20 respondents, NRS pain scale measurement instrument and Wilcoxon test. ***Results:*** 'Conclusion: There is an effect of warm compresses on reducing back pain in pregnant women in the third trimester at the Sungai Kerawang Community Health Center.

Key words: Back pain, warm compress, third trimester