

**APPLICATION OF WILLIAM FLEXION EXERCISE AS AN EFFORT TO  
REDUCE PAIN LEVELS IN LOW BACK PAIN PATIENTS IN THE  
WORKING AREA OF SANGKRAH SURAKARTA COMMUNITY  
HEALTH CENTER**

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**ABSTRACT**

**Background:** The prevalence of low back pain in Central Java has increased by approximately 314,492 people. LBP, if not addressed, can cause kinematic changes in the lumbar and pelvic regions and worsen the pain condition. One of the non-pharmacological therapies that can reduce pain levels in patients with low back pain is the William flexion exercise. **Objective:** To determine the changes in pain levels in low back pain patients before and after performing the William flexion exercise. **Method:** This application uses a case study method by observing the pain levels of 2 respondents before and after the implementation of the William flexion exercise using a visual analogue scale (VAS). The treatment consists of 7 movements, each movement performed 8 times with a frequency of 3 times a week for 2 weeks. **Results:** Before the intervention, the pain levels of both respondents were categorized as moderate, whereas after the intervention, the pain levels of both respondents decreased to the mild category. **Conclusion:** The William flexion exercise can be used as a non-pharmacological therapy to reduce pain levels in patients with low back pain.

**Keywords:** Pain, Low Back Pain, William Flexion Exercise