

EFFORTS TO IMPROVE WILLIAM FLEXION KNOWLEDGE TO REDUCE PAIN IN PATIENTS WITH LOW BACK PAIN (LBP) USING BOOKLET

Noer Annisa Hutami

Annisahutami77@gmail.com

'Aisyiyah University Surakarta

SUMMARY

Background: Low Back Pain is a discomforting pain in the lower back area originating from the spine, involving nerves and muscles, caused by improper physical activities. According to the WHO in 2020, there were 619 million cases worldwide, while in Indonesia 18% of the population suffers from LBP. One non-pharmacological therapy method to address this is through the william flexion exercise. **Objective:** To enhance public awareness that the william flexion exercise can help reduce low back pain. **Methods:** Utilizing the canva software application to create animatiion in a size of 14,8 × 21 cm (A5) inches, totaling 16 pages, to facilitate public understanding. **Results:** The KIE media is in the form of a booklet containing information in the form of images related to the william flexion exercise, including its defination, benefits, indications and contraindication, timing and equipment, as well as standard operating procedures (SOPs) for implementation. **Conclusion:** The booklet is expected to facilitate the dissemination of information regarding efforts to alleviate pain in patients with LBP using non-pharmacological techniques, specifically the william flexion exercise. **Recomendation :** It is hoped that this booklet will serve as a knowledge resource for teh public on the importance of reducing low back pain.

Keywords : Low Back Pain, William Flexion, Booklet