The Effect of Nerve Mobilization Exercise on Pain Reduction and Improvement of Functional Activity in Lower Limb Radicular Pain in **Dukuh Soko**

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ABSTRACT

Background: *Lower limb radicular pain is a pain condition caused by irritation or compression of the lumbar nerve roots, resulting in pain radiating from the lower back to the lower extremities and leading to limitations in functional activities. Nerve Mobilization Exercise is a physiotherapy modality believed to be effective in reducing pain and improving functional activity through hypoalgesic mechanisms and reduction of neural inflammation.* ***Objective:*** *To determine the effect of Nerve Mobilization Exercise on pain reduction and functional activity improvement in lower limb radicular pain at Dukuh Soko.* ***Methode:*** *This study employed a one group pre-test post-test design with 25 respondents selected using purposive sampling. The intervention was administered three times per week for three weeks. Pain was measured using the Visual Analog Scale (VAS) and functional activity using the Modified Oswestry Disability Index (MODI), analyzed with the Wilcoxon Signed Rank Test ($p < 0.05$).* ***Results:*** *The mean VAS score decreased from 4.72 to 2.92 and the mean MODI score decreased from 28.88 to 19.44, both with a significance value of $p < 0.001$.* ***Conclusions:*** N*erve Mobilization Exercise significantly affects pain reduction and functional activity improvement in* lower limb radicular pain *at Dukuh Soko.*

Keyword: *Functional Activity, Lower Limb Radicular Pain*, MODI, *Nerve Mobilization Exercise*, *Pain*, VAS