THE EFFECT OF A COMBINATION OF GLUTEAL MUSCLE STRENGTHENING EXERCISE AND CORE STABILITY EXERCISE ON REDUCING PAIN IN FARMERS WITH MYOGENIC LOW BACK PAIN

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ABSTRACT

***Background**: Myogenic Low Back Pain is a form of spinal structural abnormality that generally occurs due to trauma and shifting in the anterior-posterior direction. This myogenic LBP condition can also be accompanied by pain or without pain. Symptoms caused by Myogenic Low Back Pain are due to excessive activity in the lower back that can cause trauma, overuse, and shifting of the vertebrae from the 12th thoracic to the lower hip. **Objective**: To determine whether there is an effect of providing a combination of Gluteal Muscle Strengthening and Core Stability Exercise on reducing pain in patients with Myogenic Low Back Pain. **Method**: This type of research is quantitative, with a quasi-experimental research type using a one-group pre-test and post-test design. **Results**: Based on the results of the Wilcoxon test, a sig value of <0.001 was obtained where p <0.05, which means there is an effect of the combination of Gluteal Muscle Strengthening and Core Stability Exercise on reducing pain in patients with Myogenic Low Back Pain in Farmers. **Conclusion**: There is an effect of the combination of Gluteal Muscle Strengthening and Core Stability Exercise on reducing pain in patients with Myogenic Low Back Pain in Farmers.*

***Keywords**: Gluteal Muscle Strengthening, Core Stability Exercise, Pain, Low Back Pain Myogenic*