

ABSTRAK

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Gambaran Fleksibilitas Lumbal Pada Penderita *Low Back Pain Myogenic* Di RSI PKU Muhammadiyah Pekajangan

Pendahuluan : *Low back pain myogenic* merupakan salah satu keluhan nyeri punggung bawah yang umum terjadi akibat gangguan muskuloskeletal tanpa kelainan neurologis. Kondisi ini sering menimbulkan nyeri, *spasme*, dan keterbatasan gerak yang berdampak pada penurunan fleksibilitas lumbal. Fleksibilitas lumbal adalah kemampuan otot di daerah lumbal untuk menggerakkan sendi dalam rentang geraknya. Penelitian ini bertujuan mendeskripsikan fleksibilitas lumbal pada penderita *low back pain myogenic* di RSI PKU Muhammadiyah Pekajangan.

Metode Penelitian: Penelitian ini menggunakan metode kuantitatif dengan *design deskriptif analitik* dengan pendekatan *cross-sectional*. Analisis data menggunakan analisis dengan alat ukur *modified schober test* untuk mengukur fleksibilitas lumbal. Sampel diperoleh dengan menggunakan total sampling dari populasi 46 pasien didapatkan 39 responden yang mengalami fleksibilitas < 5cm dengan kriteria inklusi dan eksklusi.

Hasil Penelitian: Hasil analisis data mengenai fleksibilitas lumbal pada penderita *low back pain myogenic* menunjukkan bahwa terdapat 39 pasien yang mengalami fleksibilitas kurang dari 5cm atau gangguan fleksibilitas, pada Perempuan 30 pasien (76,9 %), dan Laki-laki 9 pasien (23,1%).

Diskusi: Perbedaan massa otot inti antara perempuan dan laki-laki menyebabkan perempuan memiliki kemampuan penopangan tulang belakang yang lebih rendah, sehingga lebih rentan mengalami penurunan fleksibilitas lumbal dan LBP myogenic. Hasil *modified Schober test* dengan nilai < 5 cm menunjukkan kategori kurang, sehingga diperlukan intervensi latihan untuk meningkatkan fleksibilitas lumbal.

Kata Kunci: Fleksibilitas Lumbal, *Low back pain myogenic*, *modified schober test*

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ABSTRACT

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The Overview of Lumbar Flexibility in Patients with Myogenic Low Back Pain at RSI PKU Muhammadiyah Pekajangan

Introduction: Myogenic low back pain is a common complaint of lower back pain caused by musculoskeletal disorders without neurological abnormalities. This condition often leads to pain, muscle spasms, and limited movement, resulting in decreased lumbar flexibility. Lumbar flexibility refers to the ability of the muscles in the lumbar region to move the joints through their range of motion. This study aims to describe lumbar flexibility in patients with myogenic low back pain at RSI PKU Muhammadiyah Pekajangan.

Research Methods: This study employed a quantitative method with a descriptive analytic design using a cross-sectional approach. Data were analyzed using the Modified Schober Test as the measurement tool to assess lumbar flexibility. The sample was obtained through total sampling from a population of 46 patients, with 39 respondents meeting the inclusion and exclusion criteria and showing flexibility of less than 5 cm.

Research Results: The data analysis showed that 39 patients experienced lumbar flexibility of less than 5 cm, indicating impaired flexibility. Among them, 30 were female (76.9%) and 9 were male (23.1%).

Discussion: Differences in core muscle mass between males and females contribute to females having lower spinal support capacity, making them more susceptible to reduced lumbar flexibility and myogenic low back pain. A Modified Schober Test result of less than 5 cm is categorized as poor flexibility, indicating the need for targeted exercise interventions to improve lumbar flexibility.

Keywords: Lumbar flexibility, myogenic low back pain, Modified Schober Test

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