Perbandingan Program Standar Dengan Dan Tanpa Proper Body Mechanics Terprogram Terhadap Nyeri Dan Fungsi Fungsional Pada Pasien Obesitas Dengan Nyeri Punggung Bawah Mekanik = Comparison of standard programs with and without programmed Proper Body Mechanics on Pain and Functional function in Obese Patients with Mechanical Low Back Pain

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Abstrak

Salah satu masalah yang sering dijumpai pada obesitas adalah Nyeri Punggung Bawah (NPB) mekanik. Penelitian ini bertujuan untuk mengetahui efektifitas program standar dengan Proper Body Mechanics Terprogram terhadap nyeri dan fungsi fungsional pada pasien obesitas dengan NPB mekanik. Studi single blind, randomized controlled trial ini dilakukan tiga kali seminggu selama enam minggu. Skor nyeri diukur dengan Visual Analogue Scale (VAS) dan fungsi fungsional dengan Oswestry Disability Index (ODI). Pengukuran outcome dilakukan sebelum penelitian, minggu pertama, kedua, ketiga, keempat, kelima dan keenam untuk VAS dan sebelum penelitian, minggu ketiga dan keenam untuk ODI. Total 30 subjek dibagi menjadi dua kelompok, 14 kelompok perlakuan dan 16 kelompok kontrol. Kelompok perlakuan mendapat Diet, TENS, Aerobic Exercise, William Flexion Exercise dengan Proper Body Mechanics Terprogram sedangkan kelompok kontrol tanpa Proper Body Mechanics Terprogram. Kedua kelompok melakukan latihan dengan supervisi. Kelompok perlakuan diberikan logbook latihan Proper Body Mechanics di rumah. Hasil penelitian terdapat perbedaan bermakna secara statistik pada skor VAS dan fungsi fungsional pada masing-masing kelompok. Terdapat perbaikan dan secara statistik bermakna pada delta skor VAS antar kelompok (p= 0,011) setelah intervensi selama enam minggu. Tidak ditemukan perbedaan bermakna fungsi fungsional antar kelompok (p= 0,976). Kombinasi Program Standar dengan penambahan Proper Body Mechanics Terprogram dapat mengurangi nyeri secara signifikan setelah intervensi selama enam minggu. Meskipun perbaikan fungsi fungsional tidak signifikan antara kedua kelompok, namun perubahan perbaikan fungsi fungsional lebih besar pada kelompok Proper Body Mechanics Terprogram setelah intervensi selama enam minggu pada pasien obesitas dengan Nyeri Punggung Bawah Mekanik.

..... One of the most common problems with obesity is mechanical Low Back Pain (LBP). This study aims to determine the effectiveness of a standard program with Programmed Proper Body Mechanics on pain and functional function in obese patients with LBP mechanics. This single-blind, randomized controlled trial was conducted three times a week for six weeks. Pain score was measured by Visual Analogue Scale (VAS) and functional function by Oswestry Disability Index (ODI). Outcome measurements were carried out before the study, the first, second, third, fourth, fifth and sixth weeks for VAS and before the study, the third and sixth weeks for ODI. Total of 30 subjects were divided into two groups, 14 as the treatment groups and 16 as the control groups. The treatment group received Diet, TENS, Aerobic Exercise, and William Flexion Exercise, with Programmed Proper Body Mechanics, while the control group didn’t received Programmed Proper Body Mechanics. Both groups did the exercise under supervision. The treatment group was given Proper Body Mechanics exercise logbook at home. The results showed that there was a statistically significant difference in the VAS delta scores between groups (p=0.011) after 6 weeks of intervention. There

was no significant difference in functional function between groups ($p = 0.976$). The VAS score and functional function in each group improved and were statistically significant. The combination of the Standard Program with the addition of Programmed Proper Body Mechanics resulted in significant pain reduction after six weeks of intervention. Although the improvement in functional function was not significant between the two groups, the change in functional function improvement was greater in the Proper Body Mechanics Programmed group after six weeks of intervention in obese patients with Mechanical Low Back Pain.