

ABSTRAK

PENERAPAN METODE MCKENZIE PADA PASIEN LBP TERHADAP PENURUNAN NYERI RSUP Dr TAJUDDIN CHALID MAKASAR

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LatarBelakang: *Low Back Pain* (LBP) merupakan salah satu gangguan muskuloskeletal yang paling sering dialami masyarakat dan dapat menurunkan aktivitas fungsional serta kualitas hidup. Penanganan non-farmakologis seperti metode McKenzie terbukti efektif dalam mengurangi intensitas nyeri melalui prinsip gerakan berulang dan perbaikan postur tubuh yang membantu meningkatkan mobilitas tulang belakang, menurunkan spasme otot, serta memperbaiki fungsi.

Tujuan: Mengetahui efektivitas penerapan metode McKenzie terhadap penurunan intensitas nyeri pada pasien LBP di Instalasi Gawat Darurat RSUP Dr. Tadjuddin Chalid Makassar.

Metode: Penelitian ini menggunakan desain laporan kasus pada pasien Ny. S dengan keluhan nyeri punggung bawah menjalar ke pinggang. Intervensi keperawatan dilakukan dengan latihan McKenzie, meliputi *prone on elbows*, *prone press-up*, dan *standing extension*, di bawah pengawasan perawat. Skala nyeri diukur menggunakan *Numeric Rating Scale* (NRS) sebelum dan sesudah intervensi.

Hasil: Sebelum dilakukan latihan McKenzie, skala nyeri pasien mencapai 7 (nyeri berat). Setelah dua kali sesi latihan, skala nyeri menurun menjadi 5 (nyeri sedang) dan pasien menunjukkan peningkatan mobilitas serta tampak lebih rileks. Tanda vital stabil dan tidak ditemukan efek samping selama terapi.

Kesimpulan: Penerapan metode McKenzie efektif menurunkan nyeri dan meningkatkan mobilitas pada pasien dengan LBP. Metode ini dapat dijadikan alternatif intervensi keperawatan non-farmakologis yang sederhana, aman, dan efisien dalam manajemen nyeri punggung bawah.

Kata Kunci : *Low Back Pain*, Metode McKenzie, Penurunan Nyeri, Keperawatan.

ABSTRACT

APPLICATION OF THE MCKENZIE METHOD IN LBP PATIENTS TO REDUCE PAIN AT Dr. TADJUDDIN CHALID HOSPITAL MAKASSAR

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Background: Low Back Pain (LBP) is one of the most common musculoskeletal disorders experienced by the community, which can decrease functional activity and quality of life. Non-pharmacological management such as the McKenzie Method has been proven effective in reducing pain intensity through repetitive movements and posture correction that help improve spinal mobility, decrease muscle spasms, and restore function.

Objective: To determine the effectiveness of the McKenzie Method in reducing pain intensity among LBP patients in the Emergency Department of Dr. Tadjuddin Chalid General Hospital Makassar.

Method: This study used a case report design on a patient, Mrs. S, who complained of lower back pain radiating to the waist. The nursing intervention involved McKenzie exercises, including prone on elbows, prone press-up, and standing extension, performed under nurse supervision. Pain intensity was measured using the Numeric Rating Scale (NRS) before and after the intervention.

Result: Before the McKenzie exercises, the patient's pain scale was 7 (severe pain). After two sessions, the pain scale decreased to 5 (moderate pain), with improved mobility and a more relaxed appearance. The patient's vital signs remained stable, and no adverse effects were observed during therapy.

Conclusion: The McKenzie Method is effective in reducing pain and improving mobility in patients with LBP. This method can serve as a simple, safe, and efficient non-pharmacological nursing intervention for managing lower back pain.

Keywords: Low Back Pain, McKenzie Method, Pain Reduction, Nursing.