

# Low Back Pain Treatment and Recovery (Physiotherapy) Survey at the PhysioSET Physiotherapy Clinic in Malang

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**Abstract**—The aimed of this study was to determine the process of treatment and recovery of low back pain in the PhysioSET Physiotherapy Clinic. The approach used is a qualitative descriptive approach to the type of research using survey methods. The type of data used is in accordance with the role of researchers as participant observers, namely interview data and observation data. The results of the study at the PhysioSET Physiotherapy Clinic are the process of treatment and recovery at the same clinic as other clinics or hospitals. The treatment and recovery process does not use drugs. To deal with patients, the clinic uses exercise techniques and stimulation of tools from outside. Because the PhysioSET Physiotherapy Clinic uses pure physiotherapy techniques in its treatment. For tools used for handling patients including kinesiology tape, electrical tens, infrared, ultrasound, and pillows. Then the physiotherapist provides exercises that aim to increase the scope of lumbar bone motion, such as Mckenzie and SLR exercises.

**Keywords**— *physiotherapy, low back pain, Recovery*

## I. INTRODUCTION

Sports or physical activities carried out regularly and structured will provide a good quality of life for humans. On the other hand, it does not rule out the possibility of injury or physical disturbance caused by sports, even sports that are carried out with the correct and appropriate techniques can still occur unexpected accidents that cause injury or other physical disorders. Injury occurs when energy is transferred to the body in an amount or at a level that exceeds the threshold that can cause damage to human tissue (1). Not only from sports alone injuries can occur, from daily activities can also cause injury. Daily activities such as work, travel, and other activities.

Low back pain is a term of pain that is felt in the lower back, the term low back pain is not a kind of disease or diagnosis of an illness, but just another name for the pain felt in the lower back area. Disability that affects work and general well-being is the main cause of pain in the lower back area (2).

The pain experienced will definitely disrupt the quality of human life, and will affect daily activities. The work of a human being will definitely not be maximal due to lower back pain. Every human being from any background can experience the lower back pain.

Physiotherapy is one way to deal with injuries in a more modern way. Physiotherapy clinics have been established in several cities in Indonesia, PhysioSET Physiotherapy Clinic is one of the physiotherapy clinics in Indonesia, and precisely the clinic is located in Malang. Physiotherapy began as a profession in 1894, as a response to traditional massage to create professional physical rehabilitation (3). The existence of physiotherapy clinics today is aimed at dealing with injuries and other physical disorders in a modern way and with the theoretical basis of treatment. Physiotherapy is more reliable when compared to traditional medicine. Because in physiotherapy, patients are handled by physiotherapists and physiotherapists supported by modern equipment. Physiotherapy is carried out on patients at the PhysioSET Physiotherapy Clinic in Malang using modern tools.

Low back pain physiotherapy is done according to the type of complaint experienced by the patient. This low back pain disorder must immediately get medical help so that the scope of joint motion increases and returns to normal, with comprehensive treatment and management to accelerate recovery. Comprehensive management includes five things that are very important, namely taking preventive measures, first aid, treatment, treatment and recovery of sports injuries (4).

## II. METHODS

Based on the problems studied, this study uses descriptive data. Descriptive research including surveys and fact-finding of various types of objects that have the main goal is a description of the situation as it exists today (5). Hypothesis tests and treatments provided in descriptive research do not exist, in contrast to experimental research. The survey method

is used as a type of research to be conducted and uses a qualitative descriptive approach, this is in accordance with the research objectives. The research subjects taken were about the treatment of care and recovery of low back pain in PhysioSET Physiotherapy Clinic.

This research researchers act as research instruments. This is because researchers not only observe the subject under study, but also as participants in the study. The researcher's status is known as a researcher by the subject or informant of the study. The presence of researchers in the field in qualitative research is an absolute *Yag*, because researchers act as research instruments as well as data collectors.

The research location is located in PhysioSET Physiotherapy Clinic located at Ruko Ditas Kv. 28 Jalan M.T, Haryono No. 09 Dinoyo Lowokwaru Malang. The researcher chose PhysioSET Physiotherapy Clinic because it is located in Malang City.

Primary and secondary data are sources of data used in descriptive qualitative research on the survey of care and recovery of low back pain at the PhysioSET Physiotherapy Clinic. Primary data were obtained from interviews and observations while secondary data were obtained from documents provided by informants. The type of data used is in accordance with the role of researchers as participant observers, namely interview data and observation data.

Data analysis is the most decisive action of a study, because in concluding the results of research it is necessary to analyze the data. The data analysis stages can be carried out, namely a) the planning stage, b) the implementation phase, c) the evaluation phase, and d) the report preparation stage. The credibility test in this research is to use the triangulation technique method.

### III. RESULT AND DISCUSSION

The modality / form of physiotherapy for low back pain patients at the PhysioSET Physiotherapy Clinic that was first performed was providing education or understanding of injuries suffered by patients. Provide education about low back pain including pain felt by patients, starting from where the pain originated, then postural education to patients, including regarding ergonomic positions in daily activities. A simple example is when in a sleeping position and also lifting things. After providing education then the physiotherapist provides direct treatment for patient complaints. There are two types of treatment that physiotherapists provide to patients, including using tools and exercise exercises. Physiotherapy is an active and not a passive treatment, and usually focuses on keeping the joints and muscles in motion (6). Physiotherapists provide exercises aimed at increasing the scope of lumbar bone motion, such as mckenzie exercises and SLR exercises. As for the tools that are used, there are two types, electrical and non-electrical. The purpose of using this tool is to reduce muscle tension, reduce pain and help the patient with motion.

The treatment process is carried out by the PhysioSET Physiotherapy Clinic by relieving pain after being exposed to low back pain. PhysioSET Physiotherapy Clinic when relieving pain after being exposed to low back pain by using isometric

techniques with the concept of contraction. In this treatment process, PhysioSET Physiotherapist Clinic physiotherapists use electrical devices and there are also non-electrical devices. For electrical devices themselves include electrical tens, ultrasound. As for non-electrical devices, there are kinesyologi tapes, and pillows are some non-electrical devices. For initial treatment of injuries such as pain using electrical devices. While non-electrical equipment itself is used for further treatment. As with electrical tens itself, it is used to reduce pain, TENS is a low electrically powered modality that is earmarked to the skin through electrodes placed over the area that is in pain.

After the treatment process is complete, the recovery process is carried out to prepare the patient after low back pain, ready to return to normal activities and to exercise again. To optimize after treatment of injuries, an appropriate rehabilitation or recovery program is needed to restore the injured tissue to return to normal (7). After the patient after low back pain has finished treatment at the clinic, he will be given a homeprograme for maximum self-recovery at home. The homeprograme given is the same as the exercise program while in the clinic. When the patient after low back pain has recovered from his complaint, the Physiotherapist PhysioSET Clinic physiotherapist provides preventive measures that is by appealing to keep doing the homeprograme that has been given until it has fully recovered from the injury. Then the physiotherapist also provides education about postural control that is ergonomic in the move. After recovery from sports injuries, an athlete must take preventative action by continuing rehabilitation on their own after recovering from an injury to help minimize the risk of re-injury.

Clinical Physiotherapist PhysioSET Physiotherapy carries out the treatment process in the clinic within one to two months. In the process of treatment, physiotherapists always consult about the development of patients with consultants at the PhysioSET Physiotherapy Clinic. The PhysioSET Physiotherapy Clinic has two consultants, the first being Dimas Sondang who is currently undergoing a Physiotherapy Doctor in Thailand and Hendry as a physiotherapy team in Barito Putra.

The percentage of successful low back pain physiotherapy at the PhysioSET Physiotherapy Clinic is less than 100%. The percentage of success is between 80% to 90%. But with the percentage of success the patient can be said to recover or be able to carry out normal activities as usual. The majority of the process lasts for one month to a maximum of two months from the beginning of the injury until the recovery process is complete. So the patient can move back to normal and go back to the field.”.

### IV. CONCLUSION

#### A. Conclusion

The handling of physiotherapy in PhysioSET Physiotherapy Clinic is the same as handling physiotherapy in clinics or other hospitals. The handling of physiotherapy at the PhysioSET Physiotherapy Clinic does not use in the form of drugs for the treatment process to the recovery process. The PhysioSET Physiotherapy Clinic uses tools for handling

patients including electrical and non-electrical devices. Tools that are electrical include electrical tens, ultrasound, while for non-electrical devices there are kinesyologi tape, pillows.

Management of low back pain physiotherapy at PhysioSET Physiotherapy Clinic, providing education or understanding of injuries suffered by patients. Provide education about low back pain including pain felt by patients, starting from where the pain originated, then postural education to patients, including regarding ergonomic positions in daily activities. To reduce pain, strengthen muscles, increase the scope of joint motion and reduce muscle tension, physiotherapy provides treatment with the first modality is SLR motion training and Mckenzie exercise. Then also use TENS, ultrasound, and infrared. The use of kinesyologi tape to help protect, stabilize and strengthen muscle exercises around the injured area to strengthen the muscles so they do not experience reinjury. After the treatment process is complete, the recovery process is carried out to prepare the patient after low back pain to be ready to return to normal activities and go down in the field with a note that it is functionally ready. The recovery process at the PhysioSET Physiotherapy Clinic is carried out by providing a homeprograme for maximum self-recovery at home. The homeprograme given is the same as the exercise program while in the clinic. When the patient after low back pain has recovered from the disorder, the Physiotherapist PhysioSET Physiotherapist Clinic provides preventive measures that is by appealing to keep doing the homeprograme that has been given until it has fully recovered from the injury. Then the physiotherapist also provides education about postural control that is ergonomic in the move.

#### *B. Recommendations*

Based on the research results obtained from the data in the field, basically this research is going well. But it is not a

mistake if the researcher wants to put forward some suggestions that are hopefully useful for the progress of physiotherapy in general. The research recommendations submitted are as follows:

1. It is hoped that through further research, new information about low back pain management can be generated, so that physiotherapy clinics and hospitals can treat patients with more comprehensive management.
2. Researchers should further develop the scope of the study, considering that the research carried out is not yet fully able to describe broadly about low back pain. In the process of collecting data, you should use techniques that are expected to be more optimal in getting the required data.

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