

The Development of the Deep Tissue Massage Treatment Procedure for Managing Non-specific Low Back Pain

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ABSTRACT

Lower back pain (LBP) is the most common musculoskeletal disorder reported in the literature. Deep tissue massage (DTM) is one of the types of massages that potentially improve non-specific LBP symptoms. This study aimed to develop and assess the feasibility and effectiveness of a DTM treatment procedure in improving pain, range of movement, and functional disability in patients with non-specific LBP. The 30-minute-DTM program was developed and validated by three experts in LBP therapy. The feasibility of the DTM program was assessed by four masseurs. The effectiveness of the DTM program was assessed in the twenty-one non-specific LBP patients. Pain perception, range of movement, and subjective functional disability were assessed before and after the DTM. The pain was assessed using the visual analog scale, the range of movement was assessed using the modified-modified Schober and the fingertips-to-floor tests, while the functional disability was assessed using the Oswestry Disability Index. Pretest and posttest data were analyzed using paired t-tests. The results indicated that the DTM treatment program was considered content valid by experts and feasible by masseurs. Pain, range of movement, and functional disability improve significantly after the DTM program. A 30-minute DTM is, thus, suggested to improve the low back pain symptoms.

Kata Kunci: *deep tissue massage, low back pain*