ASSESSMENT OF LOW BACK AND HAMSTRING MUSCLE FLEXIBILITY AMONG STUDENTS OF PHYSIOTHERAPY DEPARTMENT AT HEALTH POLYTECHNICS SURAKARTA

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ABSTRACT

Background: Lack of physical activity, coupled with long sitting positions in students, can cause muscle shortening, resulting in decreased flexibility that will interfere with daily activities. In these conditions, there is no data on flexibility due to reduced physical activity in students, so this study aims to identify the level of flexibility among students of the Surakarta Health Polytechnic Physiotherapy.

Subjects and Method: This was a quantitative descriptive study carried out students majoring in physiotherapy at School of Health Polytechnic, Surakarta from august to September, 2019. A total sampel 226, who consisted of 66 male students and 160 female students. The data were collected by survey with test and measurement techniques accompanied by interviews about the subject's activities This study measures the flexibility of the lower back and hamstring muscles, using a sit and reach test, and then the results are analyzed using a quantitative descriptive with a percentage.

Result: The measurement results were less than 1%, less than 13%, enough for 61%, good for 18%, and very good at 7%. The student's average flexibility is 36 cm, with a minimum score of 11 cm and a maximum score of 52 cm. the results of identifying the flexibility of physiotherapy students on average insufficient conditions were 61%.

Conclusion: The results of identifying the level of flexibility are in the sufficient category, and this study as a basis for conducting further research related to interventions to increase flexibility.

Keyword: flexibility, lower back, hamstring, sit and reach test, student.

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