

# THE EFFECTS OF CORE STABILITY EXERCISE AND TRANSCUTANEOUS ELECTRICAL NERVE STIMULATION ON CHRONIC LOW BACK PAIN: A SYSTEMATIC REVIEW

Husna Arwa Salsabil

Faculty of Health Science, Universitas Muhammadiyah Surakarta

## ABSTRACT

**Background:** Low back pain is one of the musculoskeletal complaints that are often complained of in the community, while the pain often affects work productivity. In treating cases of low back pain, several interventions are commonly used, such as core stability exercise and transcutaneous electrical nerve stimulation. Core stability exercise is an exercise that aims to increase functional strength, neuromuscular control, and muscle endurance. Transcutaneous electrical nerve stimulation is a tool used to relieve pain by stimulating the nerves through electrodes transcutaneously. The aim of this study was to see the effect of core stability exercises and transcutaneous electrical nerve stimulation on reducing pain in patients with chronic low back pain.

**Subjects and Method:** This research is a literacy research with a critical review approach. The study examined several studies on low back pain, and was reviewed using the PEDro scale. There are eleven items used to evaluate the journals used for the discussion of pain reduction research in patients with chronic low back pain. The author used keywords of “core stability exercises”, “transcutaneous electrical nerve stimulation”, “reduction of pain”, “chronic low back pain”. The dependent variable was reduction of pain. The independent variable was core stability exercises and transcutaneous electrical nerve stimulation

**Results:** There are 7 journals that state the effect of the use of Core stability exercise and TENS on chronic low back pain

**Conclusion:** core stability exercise and TENS reduce pain in chronic low back pain

**Keywords:** core stability exercises, transcutaneous electrical nerve stimulation, reduction of pain, chronic low back pain

### Correspondence:

Husna Arwa Salsabil. Masters Program in Public Health. Universitas Sebelas Maret. Jl. Ir. Sutami 36A, Surakarta, Central Java 57126, Indonesia. Email: husna0105@gmail.-com. Mobile: 089611006503.