
POURING TEA FOR THERAPY TO IMPROVE PHYSICAL MOBILITY IN LUMBAL BACK PAIN PATIENTS

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Abstract: Old resources are a gift from God Almighty so that they can be used as well as possible for the benefit of many people. It is hoped that natural resources can be used for all levels of society, both those who are healthy and those experiencing health problems/deterioration. Likewise, using raw data sources can increase people's income so the economy rises. It is essential to utilize natural resources with various innovations that are needed for the benefit of the surrounding community, ranging from health, recreation, or culinary. Kebakan Hamlet, Metuk Village, has abundant natural water resources that have yet to be used optimally to improve the residents' economy and health. Residents only use natural resources for bathing, washing, and irrigation. The existing natural resources have made swimming pools for therapy for low back pain sufferers so that visitors who come for treatment can have a more positive impact on the surrounding community by opening food stalls, renting out floats or parking so that the existence of the pool can be beneficial from a health perspective. And economic value for local residents

Keywords: Natural resources, health, economy

Introduction

Management of health problems varies from promotive, preventive, curative, and rehabilitative efforts. The methods and methods used now prioritize pharmacology and non-pharmacological therapy because the time and costs are pretty minor to avoid side effects from the drugs consumed. People's efforts to maintain their health with nutritious food and sports efforts using media and facilities that support achieving optimal conditions. Friends Swimming Tubing is Delicious and Healthy for Increasing Physical Mobility in Lumbar Back Pain Patients. The natural resource of water is a gift given by Allah Almighty so that it can be utilized and utilized for society as well as possible. Metuk Mojosongo Boyolali Village is a village that has collaborated with STIKes Estu Utomo as a fostered village, which is economically a developing village that requires business sector development to improve the economy. Geographically, Metuk village has many springs that have yet to be utilized for health and economic purposes. Existing water sources can improve health and therapy for patients who experience mobility problems, such as stroke and low back pain. Several research journals found that patients with mobility problems due to post-stroke and low back pain could be cured by swimming regularly.

Water resources in Metuk are currently only used for washing clothes and rinsing rice fields and are taken by residents for their water needs. The proponent and partners plan that

this water source can be used for swimming pools and water tubing tours to provide health therapy facilities for people who experience health problems and improve the community's economy. Later, with swimming pool facilities and water tubing tourism, village residents will receive fees, and the community will have the opportunity to open stalls, rent out swimming facilities, and open up job opportunities for the community without reducing its previous function, namely meeting community needs. Community management capacity and local original income can also be increased for village development

Method

A preliminary survey was carried out with partners/heads of Metuk village and related parties (Dukuh/RT) of Kebakan village and a team of experts in swimming pool construction (Figure 2). Coordination meeting regarding the selected location plans for when it will start implementation and the personnel needed for the community service (Fig. 1). The work phase began with community service to clean the construction site involving all residents of Kebakan village (Figure 3). Construction was started by a Team of Experts and residents of the Kebakan Community (Figure 4); this activity can be seen on the following YouTube link (https://www.youtube.com/watch?v=6tnu__xV53s&t=33s). The next stage is work by a team of experts for approximately ten days until the finishing stage (Figure 5). After the swimming pool is finished, we will socialize it with Metuk residents and use social media as a marketing tool.



Figure 1. Deliberation with community leaders



Figure 2. Survey



Figure 3. Community service work



Figure 4. Pool construction



Figure 5. Swimming pool finishing

Figure 6. Handover of community
service grants

Result

The swimming pool has been completed with dimensions of 4 x 15 meters with the hope that it will be helpful for the local community in need, especially those experiencing lumbar back pain. Likewise, those who want to swim can take advantage of the swimming pool. With the presence of visitors, residents can provide parking facilities, bathrooms, or food stalls so that they can provide economic value. The hamlet will take over the management as additional regional income. This dedication handover activity (Figure 6) can be seen on the following link: https://www.youtube.com/watch?v=GrmwaXw2_rc&t=3s.

Discussion

Metuk Village is a village supported by STIKes Estu Utomo, which has collaborated with Tri Darma Higher Education activities under the guidance of the Boyolali Health Service. One of the current activities of the Tri Darma of Higher Education is community service by utilizing natural resources for health so that the economic value of the community can increase.

Research conducted by the proponent previously found the benefits of swimming to treat lumbar back pain (Sutanta et al., 2021) showed that the frequency of swimming was associated with a reduction in pain in LBP sufferers in Umbul Tlatar Boyolali, where respondents with frequent frequency experienced lighter pain. Compared to respondents who swim rarely. Swimming will strengthen the muscles around the spine, help to reduce pressure from bones and other static structures in the back and maintain flexibility, which will help prevent tense muscles around the spine and help relieve spinal pain (Widjayanti and Pratiwi, 2016). Hydrotherapy is an effective therapy for patients with low back pain. Hydrotherapy can increase spinal mobility and reduce physical disability. So it significantly influences the balance ability of patients with low back pain (Mahjur et al. 2016).

Several other studies on immobility in stroke patients can also experience progress in their activities (Prasetyo, 2009). Stroke sufferers, according to Dr. Peni, it will be easier to walk in water than on land because the buoyant effect of water makes it lighter. If you walk

on the ground, the human body is heavier because it experiences the pull of the earth or gravity. This is why stroke sufferers who experience paralysis tend to have difficulty walking on land. Apart from that, when you enter a pool of water up to your navel, you only lose 50 percent of your weight. If we soak in a chest-high pool of water, weight will be reduced by around 70 percent because exercises that are difficult to do on land can be done in water. During exercise therapy in water, a stroke sufferer should ideally be assisted by four trainers; three people are in the swimming pool, while one person is outside the pool to monitor every condition experienced by the stroke sufferer. The trainer outside the pool is tasked with monitoring the conditions. This is done if something happens to each other, for example, an emergency, and quick action can be taken immediately.

According to research conducted by (Putri et al., 2021), Swimming is a heavy-intensity sport with the energy required of 8-10 metabolic equivalents (METs). This research states that supervised swimming remains safe even at heavy intensity and has a therapeutic effect on children with asthma. When compared with other sports, swimming has lower echogenicity. Asmogenicity is the ability to trigger asthma attacks. Swimming helps improve physical fitness in asthmatic children by increasing lung volume and developing better breathing techniques. Apart from that, swimming is excellent from a psychological perspective because it creates a feeling of joy in children who undergo swimming as asthma therapy.

In other words, asthma management efforts become more accessible for children to carry out to achieve goals. Swimming is a good sport for children with asthma because it is less likely to trigger an asthma attack than other sports. The swimming exercise program as a non-pharmacological therapy for asthma in children showed significant improvements in PEFR, where PEFR is a parameter for whether or not asthma is controlled. Swimming also has other impacts, such as reducing the frequency of attacks, reducing the number of days with complaints of wheezing, reducing dependence on drugs and hospital visits, and reducing school absenteeism. It is hoped that this can be socialized later on on the use of Kebakan Hamlet's natural resources for non-pharmacological therapy activities. By the village government through posyandu activities, health cadres, and coordination with the nearest inter-village health forum so that the community can find out about the existence and benefits of the function of the swimming pool in the context of realizing health efforts, including promotive, preventive, curative and rehabilitative measures, this outreach activity can be a hope that local people who experience health problems or decline can visit for therapy. Visitors who attend will be given cleaning fees to be managed by local residents, as well as residents being able to open stalls or rent out bathrooms. Previous research shows that adequate natural resources are a driving aspect for fishermen to work harder and be responsible in carrying out work to meet their daily needs. Thus, natural resources are related to the economic growth of local communities (Badriyyah, 2021) and research (Masrizal, 2020) which states that in Islam, society has the right to utilize all natural resources that Allah has provided to ensure human welfare. , because everyone has the right to irtifâq, namely the right to use private or public resources. This is possible because public ownership in Islamic law is permitted if an asset or resource utilization is intended for the general public, each of whom needs the other.

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