

**ABSTRACT**

Low back pain is often encountered as hurt in the lumbar sacral and sacroiliacal area. As an alternative to consuming medicine, pelvic tilting exercise can also be carried out in order to treat subjects suffer from low back pain.

Purpose of this study was explaining influence *pelvic tilting* exercise to reducing of low back pain scale of midwife at Hasanuddin Damrah Manna public hospital, south bengkulu district.

Design was pre experimental by using “one group pre test post test design”. The population in this study was 148 midwives. *Sampling technique used purposive sampling*. Number of samples 32 respondent, take according inclusion criteria. Independent variable was pelvic tilting exercise and dependent variable was low back pain. Visual analog scale is employed as the research instrument, while non-parametric statistical test with wilcoxon signed rank test is employed as the analyze method. Based on the pretest results obtained there was 22 respondents experienced mild pain (68,75%), 10 respondents suffered moderate pain (31,25%) . After doing pelvic tilting exercise, 18 respondents had mild pain(56,25%), 4 respondents had moderate pain (12,5%), and 10 respondents had no pain (31,25%), while based on SPSS test using Wilcoxon test,  $P = 0,000$  ( $P < 0,05$ ) was significant. Wilcoxon sign rank test showed that pelvic tilting exercise to decrease low back pain for midwife with p value =0.000 and significant value  $\leq 0.05$ . This study concluded there was effect of pelvic tilting exercise on the decrease in the scale of low back pain on the midwife.

**Keywords:** *Pelvic Tilting Exercise, Low Back Pain*