

**EFFECTIVENESS OF GLUTEAL STRETCHING EXERCISES THROUGH
TELEREHABILITATION ON GLUTEAL PAIN ON PROLONGED SITTING IN
ONLINE CLASS STUDENTS OF UPH-DJGTMU**

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ABSTRACT

The growing numbers of sedentary lifestyles during this pandemic has contributed to rising musculoskeletal conditions such as gluteal pain. Gluteal pain is described as a tear in one of the gluteal muscles, prolonged sitting is one of the aggravating factors of gluteal pain leading to severe discomfort in the buttocks thus weakening and wasting the gluteal muscles. The overall purpose of this study is to provide the effectiveness of gluteal stretching exercises through telerehabilitation on gluteal pain which is obtained from prolonged sitting among online class students. A quasi-experimental research design has been utilized among twenty-five (25) 2nd year nursing online class students who met the required inclusion criteria to participate in determining whether the gluteal stretching exercises through telerehabilitation is effective. The study started by collecting the pretest scores of the respondents using the Visual Analog Scale (VAS) and Lower Extremity Functional Scale (LEFS) before the researchers implemented the gluteal stretching exercise intervention for four weeks. Gluteal stretching exercise intervention which includes (1) Seated figure-four stretch, (2) Standing figure-four stretch, (3) Hip Flexion, (4) Hip Extension, and (5) Hip Abduction. The respondents were measured again after the four weeks of intervention to acquire the post-test scores using the same outcome measures. Results of the study show that in VAS score there is a significant difference between pretest and posttest scores. This indicates that the gluteal stretching exercise intervention was found effective in improving the respondents' rated pain, thus an alternative hypothesis for VAS is accepted. Additionally, the LEFS score presented no significant difference between pretest and posttest scores after the gluteal stretching exercise intervention, thus null hypothesis for LEFS is accepted. Gluteal stretching exercise is determined to be effective in relieving gluteal pain due to prolonged sitting among online class students.

Keywords: Gluteal Stretching Exercise, Prolonged Sitting, Telerehabilitation