

**APPLICATION OF PROGRESSIVE MUSCLE RELAXATION
THERAPY AND LEG EXERCISE ON PAIN LEVELS IN
PATIENTS MAMMAE CARCINOMA POST
MASTECTOMY AT LAVALETTE
HOSPITAL MALANG**

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ABSTRACT

Background : Carcinoma mammae is a malignant tumor in the breast that invades breast tissue, both in the glands and milk ducts, or fatty and connective tissue in the breast that can spread throughout the body. One method of treating breast cancer is Mastectomy surgery. Problems that are often encountered in patients post Mastectomy is painful. Non-pharmacological therapies that can be applied to reduce pain are progressive muscle relaxation therapy and leg exercise. **Research purposes :** Analyzing nursing care for the application of progressive muscle relaxation therapy and leg exercise on the level of pain in patients post mammae carcinoma mastectomy. **Research methods :** This scientific paper uses a descriptive research design type with a case study approach method. This research was conducted on March 17-19, 2025. The subjects of this study were post-Mastectomy ca mammae patients. Intervention performed on patients post-Mastectomy carcinoma mammae patients with acute pain is to provide progressive muscle relaxation therapy and leg exercise. **Research result :** After implementation for 3 days, the level of pain experienced by the patient decreased from a pain scale of 5 to 1, the patient's pain complaints decreased. **Conclusion :** Progressive muscle relaxation therapy and leg exercise can reduce pain intensity by relaxing muscles and increasing blood flow, triggering the release of endorphins which can relieve pain.

Keywords: Carcinoma Mammae, progressive muscle relaxation, leg exercise