

## SUMMARY

# PENAMBAHAN DEEP TISSUE MASSAGE PADA INTERVENSI ULTRASOUND DAN LATIHAN PENGUATAN LEBIH BAIK TERHADAP PENINGKATAN FUNGSIONAL PADA KASUS SHIN SPLINT

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**Subject** : DEEP TISSUE MASSAGE, LATIHAN PENGUATAN, SHIN PLINT  
**Subject Alt** : DEEP TISSUE MASSAGE, LATIHAN PENGUATAN, SHIN PLINT  
**Keyword** : Shin Splint; Deep Tissue Massage; Ultrasound; Strengthening Exercise; Functional

### Description :

**Goal:** This research is to know about the addition of deep tissue massage to ultrasound intervention and strengthening exercise better than increasing shin splint functional case.

**Sample:** Consist of 19 people athlete with age between 16-30 years old. This research is been held in Esa Unggul University Physioterapy Clinic, Terusan Arjuna Raya Street Number 9 Kebon Jeruk West Jakarta, from 3 June – 3 July 2013. This research is divide into two group with matching allocation which is sample in control group and treatment group divided to the criteria that has been set. 9 people sample of control group is given Ultrasound and strengthening exercise while 9 people sample of treatment group is given Deep Tissue massage, Ultrasound and strengthening exercise.

**Method:** This is a quasi experimental study in which functional ability on a shin splint measured and evaluated using FAAM (Foot Ankle Ability Measure). For statistical analysis using a normality test of Saphiro wilk test and its Homogeneity test sample with Levene's test.

**Result:** As for the T-test experiment related to control group with p value = 0,000 with the result that Intervention Ultrasound and strengthening exercise can improve ankle functional in shin splint case. In this T-test experiment related to treatment group with p value = 0,000 with the result that Deep Tissue Massage in Ultrasound intervention and strengthening exercise can improve ankle functional in Shin Splint Case. In this T-test independent the result is P value = 0,046 then it can be inferred that the addition of Deep Tissue Massage in Ultrasound and strengthening exercise is better than Ultrasound intervention and strengthening exercise only towards a functional ankle improvement in Shin Splint case.

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