

SUMMARY

PENAMBAHAN KINESIOTAPING PADA INTERVENSI CONTRACT RELAX STRETCHING LEBIH BAIK DALAM MENINGKATKAN FUNGSIONAL LEHER PADA KONDISI MYOFASCIAL SYNDROME OTOT UPPER TRAPEZIUS

Created by EVA NATALIA GENAPA NAMANG

Subject : PENAMBAHAN, INTERVENSI, OTOT

Subject Alt : ADDITED, INTERVENTION, MUSCLE

Keyword : kinesiotalping; contract relax stretching; myofascial syndrome otot upper trapezius

Description :

Tujuan : Untuk mengetahui Penambahan penggunaan Kinesiotalping dengan Contract Relax Stretching lebih baik untuk meningkatkan fungsional leher pada kondisi myofascial syndrome otot upper trapezius. Metode: Penelitian ini bersifat eksperimental untuk mengetahui penambahan penggunaan Kinesiotalping ,Contract Relax Stretching dan Contract Relax Stretching dalam meningkatkan fungsional leher pada kondisi myofascial syndrome otot upper trapezius. Pengukuran menggunakan Neck Disability Index. Hasil: kelompok perlakuan I n: 9, setelah diuji paired sampel T-test didapati mean±SD sebelum intervensi 34.11 ± 5.085 , Mean±SD sesudah intervensi 9.44 ± 1.740 , $p = 0.000$ ($p < \#945; 0,05$) dan kelompok perlakuan II n: 9, setelah diuji paired sampel T-test mean±SD sebelum intervensi = 30.00 ± 4.330 , mean±SD sesudah intervensi 16.89 ± 3.621 , $p = 0.000$ ($p < \#945; 0,05$). Uji beda hasil sesudah perlakuan kedua kelompok dengan independent sampel T-test, $p = 0.000$ ($p < 0,05$). Kesimpulan : Pada kasus myofascial syndrome otot upper trapezius sangat baik menggunakan intervensi Kinesiotalping dan Contract Relax Stretching.ius

Description Alt:

Objective: To determine addition Kinesiotalping use with Contract Relax Stretching is better to increase the functional neck on the condition of myofascial syndrome, upper trapezius muscle. Methods: This study is experimentally to determine additional use Kinesiotalping, Contract Relax Stretching and contract relax Stretching to improve the functional neck on the condition of myofascial syndrome, upper trapezius muscle. Measurements' use traditional Neck Disability Index. Results: The treatment group I n: 9, after the test of paired samples T-test was found before the intervention, the mean \pm SD $34.11 \pm 5,085$, Mean \pm SD after intervention $9:44 \pm 1,740$, $p = 0.000$ ($p < \#945; 0, 05$) and the treatment group II n: 9, after the test of paired samples T-test before intervention mean \pm SD = 30.00 ± 4.330 , after intervention mean \pm SD $16.89 \pm 3,621$, $p = 0.000$ ($p < \#945; 0.05$). Different test results of the two groups after the treatment with the independent samples t-test, $p = 0.000$ ($p < 0.05$). Conclusion: In the case of the upper trapezius muscle myofascial syndrome excellent use Kinesiotalping intervention and Relax Stretching Contract.

Date Create : 19/11/2015

Type : Text

Format : PDF

Language : Indonesian

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Contact Person :

Astrid Chrisafi (mutiaraadinda@yahoo.com)

Thank You,

Astrid (astrid.chrisafi@esaunggul.ac.id)

Supervisor