



ABSTRAK

SKRIPSI, August 2017

Ilmi Kamila

Study Program S-1 Physiotherapy,
Faculty of Physiotherapy,
Universitas Esa Unggul

DIFFERENCES IN THORACIC SPINE THRUST MANIPULATION ADDITION TO MWD AND MCKENZIE EXTENSION EXERCISE INTERVENTIONS FOR INCREASED MOBILITY AND DECREASED DISABILITY IN CERVICAL DERANGEMENT CASES

Consists of : VI Chapters, 77 page, 7 pictures, 12 table, 2 chart, 4 scheme, 7 attachment

Purpose: This study purpose to know differences in thoracic spine thrust manipulation addition to mwd and Mc Kenzie extension exercise interventions for increased mobility and decreased disability in cervical derangement cases.

Sample: The sample taken to 24 people based on the formula pocock, from 24 samples, 12 samples will be included in the I treatment group and 12 into the II group. **Method:** This study is quasi experimental type to know the difference of adding an intervention to the object of research. Analysis of this research using paired sample t-test. **Result:** Hypothesis I using paired sample t-test statistic with result (flexible ruler) $p < 0,001$ dan (NDI) $p < 0,001$ ($p < \alpha = 0,05$), Hypothesis II using paired sample t-test statistic with result (flexible ruler) $p < 0,001$ dan (NDI) $p < 0,001$ ($p < \alpha = 0,05$), which means that the interventions performed on each treatment group had an effect on increasing mobility and decreasing disability in cervical derangement cases. To test hypothesis 3 used independent sample t-test, the results obtained are (flexible ruler) $p < 0,001$ dan (NDI) $p < 0,001$ ($p < \alpha = 0,05$), which means there are significant differences in the results of intervention of I treatment group and II treatment group. **Conclusion:** There is a difference in the addition of thoracic spine thrust manipulation to MWD and Mc Kenzie extension exercise for increased mobility and decreased disability in cervical derangement cases.

Keywords: cervical derangement, thoracic spine thrust manipulation, MWD, Mc Kenzie extension exercise, flexible ruler, NDI.



ABSTRAK

SKRIPSI, Agustus 2017

Ilmi Kamila

Program Studi S-1 Fisioterapi,
Fakultas Fisioterapi,
Universitas Esa Unggul

PERBEDAAN PENAMBAHAN *THORACIC SPINE THRUST MANIPULATION* PADA INTERVENSI MWD DAN MCKENZIE *EXTENSION EXERCISE* TERHADAP PENINGKATAN MOBILITAS DAN PENURUNAN DISABILITAS KASUS *CERVICAL DERANGEMENT*

Terdiri atas : VI BAB, 77 halaman, 7 gambar, 12 tabel, 2 grafik, 4 skema, 7 lampiran

Tujuan: Penelitian ini bertujuan untuk mengetahui perbedaan penambahan *thoracic spine thrust manipulation* pada intervensi MWD dan *McKenzie extension exercise* terhadap peningkatan mobilitas dan penurunan disabilitas kasus *cervical derangement*.

Sampel: Sampel yang diambil berjumlah 24 orang berdasarkan rumus *pocock*, dari 24 sampel tersebut 12 sampel akan dimasukkan kedalam kelompok perlakuan I dan 12 lainnya kedalam kelompok perlakuan II. **Metode:** Penelitian ini berjenis *quasi experimental* untuk mengetahui perbedaan penambahan suatu intervensi yang dilakukan terhadap objek penelitian. Analisis penelitian ini menggunakan uji *Paired sample t-Test* dan *Independent sample t-Test*. **Hasil:** Hipotesis I menggunakan uji statistik *Paired sample t-Test* dengan hasil (*flexible ruler*) $p < 0,001$ dan (NDI) $p < 0,001$ ($p < \alpha = 0,05$), hipotesis II menggunakan uji statistik *Paired sample t-Test* dengan hasil (*flexible ruler*) $p < 0,001$ dan (NDI) $p < 0,001$ ($p < \alpha = 0,05$), yang berarti bahwa intervensi yang dilakukan pada masing-masing kelompok perlakuan berpengaruh terhadap peningkatan mobilitas dan penurunan disabilitas kasus *cervical derangement*. Untuk menguji hipotesis III digunakan *Independent sample t-Test*, hasil yang didapat adalah (*flexible ruler*) $p < 0,001$ dan (NDI) $p < 0,001$ ($p < \alpha = 0,05$) yang berarti terdapat perbedaan hasil yang signifikan pemberian intervensi kelompok perlakuan I dan kelompok perlakuan II. **Kesimpulan:** Ada perbedaan penambahan *thoracic spine thrust manipulation* pada intervensi MWD dan *McKenzie extension exercise* terhadap peningkatan mobilitas dan penurunan disabilitas kasus *cervical derangement*.

Kata Kunci: *cervical derangement, thoracic spine thrust manipulation, MWD, Mc Kenzie extension exercise, flexible ruler, NDI.*