



ABSTRAK

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PENAMBAHAN *THRUST MANIPULATION* PADA INTERVENSI *Mc.KENZIE EXERCISE* LEBIH BAIK DARIPADA HANYA *Mc.KENZIE EXERCISE* SAJA TERHADAP PENURUNAN DISABILITAS PINGGANG DAN PENINGKATAN MOBLITAS LUMBAL PADA *SPONDYLOARTHROSIS LUMBAL*

Terdiri atas : VI BAB, 77 Halaman, 3 gambar, 12 tabel, 1 skema, 5 lampiran

Tujuan: Penelitian ini bertujuan untuk mengetahui penambahan *Thrust Manipulation* pada intervensi *Mc.Kenzie Exercise* lebih baik daripada hanya *Mc.Kenzie Exercise* saja terhadap peningkatan mobilitas lumbal dan penurunan disabilitas pinggang pada *Spondyloarthritis Lumbal*. **Sampel:** Sampel berjumlah 24 orang, masing-masing 12 sampel ditempatkan di kelompok kontrol dan perlakuan. **Metode:** Penelitian ini berjenis *quasy experimental*. Analisis penelitian ini menggunakan uji *Paired sample t-Test* dan *Independent sample t-Test*. **Hasil:** Hipotesis I memiliki hasil (MODI) $p<0,0001$ dan (MS) $p<0,0001$ ($p<\alpha=0,05$), hipotesis II memiliki hasil (MODI) $p<0,0001$ dan (MS) $p<0,0001$ ($p<\alpha=0,05$), yang berarti bahwa intervensi yang dilakukan pada kedua kelompok berpengaruh terhadap mobilitas dan disabilitas pada spondyloarthritis lumbal. Hipotesis III, memiliki hasil (MODI) $p(\text{perlakuan})=0,049$ $p(\text{kontrol})=0,047$ dan (MS) $p(\text{perlakuan})=0,038$ $p(\text{kontrol})=0,038$ ($p<\alpha=0,05$) yang berarti terdapat perbedaan hasil yang signifikan pemberian intervensi kepada kedua kelompok. **Kesimpulan:** Penambahan *Thrust Manipulation* pada intervensi *Mc.Kenzie Exercise* lebih baik daripada hanya *Mc.Kenzie* saja terhadap peningkatan mobilitas lumbal dan penurunan disabilitas pinggang pada *Spondyloarthritis Lumbal*.

Kata Kunci: *Spondyloarthritis lumbal, thrust manipulation, Mc.Kenzie exercise, MODI, MS.*



ABSTRACT

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THE ADDITION OF THRUST MANIPULATION TO MC.KENZIE EXERCISE IS BETTER THAN MC.KENZIE EXERCISE ONLY AGAINST THE DECREASE DISABILITY OF WAIST AND INCREASE MOBILITY OF LUMBAR ON SPONDYLOARTHROSIS LUMBAL

Consist of : VI Chapter, 77 Pages, 3 pictures, 12 tables, 1 scheme, 5 attachments

The purpose: This research is purpose to know about the addition of thrust manipulation to Mc.Kenzie exercise is better than Mc.Kenzie exercise only against the decrease the disability of waist and increase the mobility of lumbar on spondyloarthritis lumbal. **Sample:** the sample is numbered 24 peoples, 12 samples in control group and the other in treatment group. **Method:** This research is manifold the quasi experimental. This research analysis use Paired sample t-Test and Independent sample t-test. The result of hypothesis I (MODI) $p<0,0001$ and (MS) $p<0,0001$ ($p<\alpha=0,05$), hypothesis II result are (MODI) $p<0,0001$ and (MS) $p<0,0001$ ($p<\alpha=0,05$), which mean the intervention that use to the groups is have an effect to the mobility and disability of spondyloarthritis lumbal. The result of hypothesis III are (MODI) $p(\text{perlakuan})=0,049$ $p(\text{kontrol})=0,047$ and (MS) $p(\text{perlakuan})=0,038$ $p(\text{kontrol})=0,038$ ($p<\alpha=0,05$) which mean there is a different significant in results between the intervention that giving in each groups. **Conclusion:** The addition of thrust manipulation to Mc.Kenzie exercise is better than mc.kenzie exercise only against decrease the disability of waist and the increase the mobility of lumbar on spondyloarthritis lumbal

Keywords: Spondyloarthritis lumbal, thrust manipulation, Mc.Kenzie exercise, MODI, MS