

ABSTRACT

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Intan Brilliant Drilliani

Physiotherapy Graduate Program

Physiotherapy Faculty

Esa Unggul University

The difference of intervention effect SNAGs Extension and Swiss ball exercise through SNAGs Extension and foam roller exercise toward the decrease curve from Hyperkifosis Thoracic.

Consisting of VI Chapter, Page, Table, Figures, Graph, Scheme, Attachment

The purpose:for acknowledging the difference of providing snag intervention and Swiss ball exercise with snag and foam roller exercise toward the decrease of Thoracic curve. **Method:**The research is quasi experimental.The population is taken from the village of Duri Kepa.The sample consisted by using *informed consent*.Groups I treatment with snag and swiss ball exercise and treatment group II with snag and foam roller exercise.**The result:**the normality through Shapiro wilk test is acquired distribution data is abnormal while the homogeneity through Levene's test is acquired the data has variant homogeny.The hypothesis result of the control group with Wilcoxon signed rank test, is acquired $p=0,012$ on flexible ruler and inclinometer $p=0,011$. The treatment group through Wilcoxon signed rank test is acquired $p=0,000$ on flexible ruler and inclinometer $p=0,000$.The result of Mann-Whitney u test by the score 0,039 on flexible ruler and inclinometer 0,015 that mean, there is the difference of SNAG and swiss ball exercise with SNAG and foam roller exercise toward the decease of thoracic curve.**The conclusion** intervention SNAG and swiss ball exercise through SNAG and foam roller exercise is as good as for decreasing Hyperkifosis curve degree and increasing ROM extension.

Keywords : SNAGs Extension, Swiss Ball Exercise, Foam Roller Exercise.

