



ABSTRACT

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THE ADDITION OF MUSCLE ENERGY TECHNIQUE ON THORACIC EXTENSION EXERCISE BETTER TO IMPROVE MOBILITY AND REDUCE DISABILITY IN THORACAL JOINT BLOCKADE IN AL ASHRIYYAH NURUL IMAN ISLAMIC BOARDING SCHOOL

Consists of: VI chapters, 61 pages, 2 pictures, 8 tables, 4 charts, 5 attachment

Tujuan: This study aims to determine the addition of muscle energy technique on thoracic extension exercise better to improve mobility and reduce disability in thoracal joint blockade in Al-ashriyyahNurul Iman Islamic Boarding School.

Sample: Sample taken consisted of 20 people selected on the basis of Pocock formula, of 20 people then sample are grouped into 2 groups, 10 sample will be into control group and 10 other people will be into treatment group. **Method:** This study manifold quasi experiment to determine the result of an intervention conducted on the object of research. Statistical analysis of this study using Wilcoxon signed rank test and Mann whitney u test. **Result:** Hypothesis I using statistical test Wilcoxon signed rank test with the result (flexible ruler) $p=0,004$ and (MODI) $p=0,005$ ($p < =0,05$), hypothesis II using statistical test Wilcoxon signed rank test with the result (flexible ruler) $p=0,005$ and (MODI) $p=0,005$ ($p < =0,05$), and for hypothesis III using statistical test Mann whitney u test , with the result (flexible ruler) $p=0,023$ and (MODI) $p=0,011$ ($p < =0,05$) which means there are significant differences between control group's intervention and treatment group's intervention. **Conclusion:** The addition of muscle energy technique on thoracic extension exercise better to improve mobility and reduce disability in thoracal joint blockade in Al-ashriyyah Nurul Iman Boarding School.

Keywords: thoracal joint blockade, muscle energy technique, thoracic extension exercise, flexible ruler, MODI.