ABSTRACT

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DIFFERENCE EFECTIVITY OF MUSCLE ENERGY TECHNIQUE WITH ULTRASOUNDANDMYOFASCIAL RELEASE TECHNIQUE WITH ULTRAOUND ONFLEXIBILITYOF UPPER TRAPEZIUS MUSCLEWITH MYOFASCIAL.
Consisting of Chapter VI, 91 Maps, 20Tables, 5pictures, 9graphs, 4 Scheme, 6Annex

Objective: *To determine the effect of MET and MRT effectiveness on ultrasound intervention in increasing flexibility of upper trapezius muscle in myofascial.* **Methods:** *Research is Quasi Experiment. Where upper trapezius flexibility is measured using a goniometer &meterline. Sample consists of 18 people and grouped into 2 groups with Randomized technique consisting of 9 people. The treatment group I was given MET intervention on ultrasound and treatment group II was given MRT intervention on ultrasound.* **Results:** *Normality test with Shapiro Wilk Test obtained normal distribution data and homogeneity test with Levene's Test obtained data have homogeneous variant. Hypothesis test result in treatment group I with Paired Sample T-Test, obtained p value <0.001, which means MET and Ultrasound intervention is effective in improving upper trapezius flexibility. In the second treatment group, p <0.001 was obtained, meaning that MRT and Ultrasound interventions were effective in increasing upper trapezius flexibility. In the result of hypothesis test III T-Test Independent show value p = 0,026 show there is difference of effectivity between MET and Ultrasound intervention with MRT and Ultrasound on upper trapezius flexibility at adolescent age 17-25 years, specially using goniometer measuring instrument, with meterline gauge shows a significant difference (p> 0.05).* **Conclusions:** *There is a significant difference between MET and Ultrasound intervention with MRT and Ultrasound in improving upper trapezius flexibility in myofascial cases.*

Keywords: *MET , MRT , Ultrasound , Upper Trapezius Flexibility*