



ABSTRAK

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PERBEDAAN INTERVENSI MOBILIZATION WITH MOVEMENT DAN ULTRASOUND DENGAN ANTERIOR POSTERIOR MOBILIZATION DAN ULTRASOUND TERHADAP PENINGKATAN AKTIVITAS FUNGSIONAL PADA KASUS OSTEOARTHRITIS LUTUT

Terdiri dari VI Bab, 83 Halaman, 6 Tabel, 10 Gambar, 4 Skema, 10 Lampiran

Tujuan: Untuk mengetahui perbedaan intervensi MWM dan US dengan anterior posterior mobilization dan US terhadap peningkatan aktivitas fungsional pada kasus OA lutut. **Metode:** Penelitian ini bersifat *quasi experimental* dengan *pre test-post test design control group*, dimana tingkat aktivitas fungsional diukur menggunakan *Modified The Western Ontario and McMaster Universities Osteoarthritis (WOMAC) Index*. Sampel terdiri dari 16 orang dipilih berdasarkan rumus *pocock*. Sampel dikelompokkan menjadi 2 kelompok, kelompok perlakuan I terdiri dari 8 orang dengan intervensi MWM dan US dan kelompok perlakuan II terdiri dari 8 orang dengan intervensi anterior posterior mobilization dan US. **Hasil:** Uji normalitas dengan *Shapiro Wilk test* didapatkan data berdistribusi normal sedangkan uji homogenitas dengan *Levene's test* didapatkan data memiliki varian homogen. Hasil uji hipotesis pada kelompok perlakuan I dengan *paired sample t-test*, didapatkan nilai $p=0,000$ pada *modified WOMAC index* yang berarti intervensi MWM dan US dapat meningkatkan aktivitas fungsional pada kasus OA lutut. Pada kelompok perlakuan II dengan *paired sample t-test*, didapatkan nilai $p=0,000$ pada *modified WOMAC index* yang berarti intervensi anterior posterior mobilization dan US dapat meningkatkan aktivitas fungsional pada kasus OA lutut. Pada hasil *independent sample t-test* menunjukkan nilai 0,741 pada *modified WOMAC index* yang berarti tidak ada perbedaan antara intervensi MWM dan US dengan anterior posterior mobilization dan US terhadap peningkatan aktivitas fungsional pada kasus OA lutut. **Kesimpulan:** Tidak ada perbedaan antara intervensi MWM dan US dengan anterior posterior mobilization dan US terhadap peningkatan aktivitas fungsional pada kasus OA lutut.

Kata Kunci: *Mobilization With Movement, Ultrasound, Anterior Posterior Mobilization, Osteoarthritis Lutut.*



ABSTRACT

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THE DIFFERENCE INTERVENTION OF MOBILIZATION WITH MOVEMENT AND ULTRASOUND WITH ANTERIOR POSTERIOR MOBILIZATION AND ULTRASOUND TO INCREASING FUNCTIONAL ACTIVITY IN CASES OF KNEE OSTEOARTHRITIS

Consisting of VI Chapters, 83 Pages, 6 Tables, 10 Images, 4 Schemes, 10 Attachments

Objective: *To determine differences in interventions Mobilization With Movement and Ultrasound with Anterior Posterior Mobilization and Ultrasound to increase functional activity in cases of knee osteoarthritis. **Methods:** This study was quasi-experimental with a pre-test post-test design control group, where the level of functional activity was measured using the Western Ontario and McMaster Universities Osteoarthritis (WOMAC) Index. The sample consisted of 16 people selected based on the formula pocock. The samples were grouped into 2 groups, the treatment group I consisted of 8 people with intervention with Mobilization With Movement and Ultrasound and the treatment group II consisted of 8 people with interventions Anterior Posterior Mobilization and Ultrasound. **Results:** The normality test with Shapiro Wilk test showed that the data were normally distributed while the homogeneity test with the Leven's test found that the data had a homogeneous variant. Hypothesis test results in treatment group I with paired sample t-test, obtained $p=0,000$ in the modified WOMAC index which means intervention Mobilization With Movement and Ultrasound can increase functional activity in cases of knee osteoarthritis. In the treatment group II with paired sample t-test, $p=0,000$ was obtained in the modified WOMAC index which means that intervention Anterior Posterior Mobilization and Ultrasound can increase functional activity in cases of knee osteoarthritis. The results of the independent sample t-test showed a value of 0.741 in the modified WOMAC index which means that there is no difference between intervention Mobilization With Movement and Ultrasound with Anterior Posterior Mobilization and Ultrasound to an increase in functional activity in cases of osteoarthritis of the knee. **Conclusion:** There was no difference between intervention Mobilization With Movement and Ultrasound with Anterior Posterior Mobilization and Ultrasound to increased functional activity in cases of knee osteoarthritis.*

Keywords: *Mobilization With Movement, Ultrasound, Anterior Posterior Mobilization, Knee Osteoarthritis.*