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HUBUNGAN SUDUT Q-ANGLE TERHADAP FUNGSIONAL KNEE PADA KASUS PATELLOFEMORAL PAIN SYNDROME

Terdiri dari VI Bab, 85 Halaman, 8 Tabel, 13 Gambar, 2 Skema, 12 Lampiran

Tujuan: Mengetahui hubungan sudut Q-angle terhadap Fungsional Knee pada kasus Patellofemoral Pain Syndrome yang berusia 16-19 tahun. **Metode:** Penelitian ini merupakan penelitian non eksperimental berupa studi korelasi untuk menganalisis hubungan sudut *Q-angle* terhadap Fungsional *knee*. Total sampel sebanyak 25 orang siswa/siswi yang berusia 16-19 tahun yang merupakan siswa/siswi Sekolah Menengah Atas Yadika 3, Karang Tengah. Alat ukur yang digunakan adalah *Goniometri* untuk Sudut *Q Angle* dan *Knee Injury and Osteoarthritis Outcome Score (KOOS)* untuk *Fungsional Knee*. **Hasil:** Uji korelasi dengan *Pearson Correlation Test* didapatkan nilai tidak signifikan $p= 0,503$ ($p>0,05$) dengan $r= -0,140$ Rata-Rata dan standar deviasi *Sudut Q angle* sebesar $18,40 \pm 2,48$ dan pada *Fungsional knee* $59,26 \pm 10,81$.

Kesimpulan: Tidak terdapat hubungan sudut *Q angle* terhadap fungsional lutut pada kasus *Patellofemoral Pain Syndrome*

Kata Kunci: Sudut *Q angle*, *Fungsional lutut*, *KOOS (Knee Injury and Osteoarthritis Score)*, *Patellofemoral pain syndrome*



ABSTRACT

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THE RELATIONSHIP OF Q-ANGLE TO KNEE FUNCTION IN PATELLOFEMORAL PAIN SYNDROME

Consists of VI Chapters, 85 Pages, 8 Tables, 13 Figures, 2 Schemes, 12 Attachments

Aim: Determine the relationship between Q-angle with knee function in patellofemoral pain syndrome (PFPS) aged 16-19 years old. **Method:** This research is a non-experimental research in the form of a correlation study to analyze the relationship Q-angle is related to functional knee. A total of 25 students (16-19 years old) from SMA Yadika 3, Karang Tengah. The measuring instrument used a goniometer for the degree of the Q-angle and the Knee Injury and Osteoarthritis Outcome Score (KOOS) for the measurement a functional knee. **Results:** Correlation test with the Spearment Rank Correlation Test showed a not significant score of $p=0.454$ ($p>0.05$) with $r= -0.157$. Average and standard deviation of degree of the Q-angle is 18.40 ± 2.18 and of the functional knee is 59.26 ± 10.81 . **Conclusion:** There is no correlation between Q-angle and functional knee in Patellofemoral Pain Syndrome.

Keywords: Q-angle, functional knee, KOOS (knee injury and osteoarthritis score), patellofemoral pain syndrome