

ABSTRACT



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COMBINATION INTERVENTION OF END RANGE MOBILIZATION AND SHORT WAVE DIATHERMY BETTER THAN COMBINATION INTERVENTION MUSCLE ENERGY TECHNIQUE AND SHORT WAVE DIATHERMY IN IMPROVE JOINT MOBILITY AND REDUCE DISABILITY IN FROZEN SHOULDER

Consists of : VI Chapters, 56 pages, 10 table, 8 images, 5 scheme, 7 appendix

Objective: To prove the combination intervention of end range mobilization and short wave diathermy better than combination intervention muscle energy technique and short wave diathermy in improve joint mobility and reduce disability in frozen shoulder. **Methods:** This type of research is quasi experiment, samples were chosen based on purposive sampling technique. Group I treatment with end range mobilization and short wave diathermy, treatment group II with muscle energy technique and short wave diathermy. Treatment group I was measured using goniometer before intervention have value and standar deviation 67.3 ± 5.39 and after intervention 78 ± 5.27 and using SPADI score before intervention have value and standar deviation 51.70 ± 7.66 and after intervention 37.47 ± 7.57 while treatment group II with using goniometer before intervention 67 ± 5.01 and after intervention 73 ± 5.05 and while for measured using SPADI before intervention 52.50 ± 6.24 and after intervention 43.39 ± 6.64 . **Result:** Normality test with shapiro wilk test was obtained with normal diffusion data while homogeneity test with Levene's test got homogenous data. The result of hypothesis test I and II with paired sample t-test was obtained $p=0.0001$ and hypothesis test III with independent sample t-test shows the value of $p=0.0001$. **Conclusion:** There are combination intervention end range mobilization and short wave diathermy better than combination intervention muscle energy technique and short wave diathermy in improve joint mobility and reduce disability in frozen shoulder.

Key Words : frozen shoulder, end range mobilization, short wave diathermy, muscle energy technique, goniometry, shoulder pain and disability index.