

SKRIPSI, Januari 2019

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PERBEDAAN EFEK WILLIAM'S FLEXION EXERCISE DENGAN CORE STABILITY EXERCISE PADA INTERVENSI SWD TERHADAP DISABILITAS PADA KASUS MYOGENIC LOW BACK PAIN

Terdiri VI Bab, 83 Halaman, 20 Gambar, 3 skema, 12 Tabel, 2 Simbol, 11 Lampiran

Tujuan : Untuk mengetahui perbedaan efek *William's flexion exercise* dengan *core stability exercise* pada intervensi SWD terhadap disabilitas pada myogenic low back pain. **Metode :** Penelitian ini merupakan jenis penelitian *eksperimental* menggunakan *pretest-post test group design* yang dilakukan di RSUD Sawahlunto. **Hasil :** Hasil uji hipotesis pada kelompok perlakuan I menggunakan *paired sample t-test* didapatkan nilai $p=0,001$ pada modifikasi *Oswestry disability index* yang berarti ada penurunan disabilitas dengan pemberian *William's flexion exercise* dengan SWD. Pada kelompok perlakuan II menggunakan *paired sample t-test* didapatkan nilai $p = 0,001$ pada modifikasi *Oswestry disability index* yang berarti ada penurunan disabilitas dengan pemberian *core stability exercise* dengan SWD. Pada hasil *independent sample t-test* didapatkan nilai $p=0,057$ pada modifikasi *Oswestry disability index* yang berarti tidak ada perbedaan efek *William's flexion exercise* dengan *core stability exercise* pada intervensi SWD terhadap disabilitas pada myogenic low back pain. **Kesimpulan :** tidak ada perbedaan efek *William's flexion exercise* dengan *core stability exercise* pada intervensi SWD terhadap disabilitas pada myogenic low back pain.

Kata Kunci : *William's flexion exercise*, *Core stability exercise*, SWD, Disabilitas, Myogenic low back pain.

UNDERGRADUATE THESIS, Januari 2019

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DIFFERENCES IN EFFECT OF WILLIAM'S FLEXION EXERCISE WITH CORE STABILITY EXERCISE IN INTERVENTION SWD FOR DISABILITY IN THE CASE OF MYOGENIC LOW BACK PAIN

Consist VI Chapter, 83 pages, 20 Pictures, 3 Schemes, 12 Tables, 2 Symbols, 11 Attachment

Object : To determine the difference effect of *William's flexion exercise* with *core stability exercise* in intervention SWD for disability in the case of myogenic low back pain. **Methods :** This research is an experimental study using pretest-post test group design conducted at Sawahlunto hospitals. **Results :** Hypothesis test results in the treatment group I using paired sample t-test p value = 0.001 at modification *Oswestry disability index* which means there is a decrease disability by giving *William's flexion exercise* with SWD. In the treatment group II using paired sample t-test p value = 0.001 at modification *Oswestry Disability Index* which means there is a decrease disability by giving *core stability exercise* with SWD. On the results of the independent sample t-test p value = 0.057 at modification *Oswestry disability index* which means there was no difference in effect of *William's flexion exercise* with *core stability exercise* in intervention SWD for disability in the case of myogenic low back pain. **Conclusion:** There was no difference effect of *William's flexion exercise* with *Core Stability Exercise* in intervention SWD for disability in the case of Myogenic low back pain.

Keywords : *William's flexion exercise*, *Core stability exercise*, SWD, Disability, Myogenic low back pain