



## ABSTRACT

Essay, August 2018  
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### **ADDITION OF ISOMETRIC QUADRICEPS EXERCISES ON EXENTRIC QUADRICEPS AND WALL SQUATS TO IMPROVE VERTICAL JUMP IN OSGOOD SCHLATTER DISEASE CASE**

Consists of VI Chapters, 66 Pages, 8 Tables, 9 Images, 3 Graphs, 4 Schemes

**Objective:** to determine the difference in the addition of Quadriceps Isometric training in Eccentric Quadriceps and Wall Squat to improve Vertical Jump in the case of Osgood Sschlatter Disease. **Method:** This study was quasi-experimental and grouped into 2 groups each group consisting of 8 people, treatment group I with Quadriceps Isometric treatment with Eccentric Quadriceps and treatment group II consisted of 8 people with Quadriceps Isometric intervention and Wall Squat. **Results:** In the normality test the data are normally distributed, while the homogeneity test obtained data has a homogeneous variant. Hypothesis I test results obtained  $p = <0.001$  and hypothesis II test obtained  $p$  value =  $<0.001$  which means that training in both treatment groups can increase Vertical Jump in the case of Osgood Sschlatter Disease. On the results of the third hypothesis test shows the value of  $p = 0.790$  which means there is no significant difference between the treatment group I and the treatment group II. **Conclusion:** There was no difference in the addition of Quadriceps Isometric training in Eccentric Quadriceps and Wall Squat to improve Vertical Jump in the case of Osgood Sschlatter Disease.

**Keywords:** Quadriceps Isometric, Eccentric Quadriceps, Wall Squat, Vertical jump, Osgood Schlatter Disease.