



ABSTRACT

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ADDITION OF SPINAL MOBILIZATION WITH LEG MOVEMENT IN MC.KENZIE EXERCISE IN IMPROVING MOBILITY AND DECREASING DISABILITIES IN THE CASE OF DISC BULGING LUMBAR

Consisting of Chapter VI, 75 pages, 14 Table, 5 Picture, 4 Schematic, 6 Appendix

Objective: To determine the difference in the effect of adding SMWLM on Mc.Kenzie *exercise* in increasing mobility and decreasing disability in cases of *lumbar disc bulging*. **Methods:** this study was an *experimental*, *pre-post-test control group design*, where increased mobility was measured using a *modified-modified Schober Test* (MMST) and decreased disability using a *modified Oswestry disability index* (*modified ODI*). The sample consisted of 20 patients in the hospital. Siaga Raya are grouped into 2 groups. The treatment group I consisted of 10 samples with the Mc.Kenzie *intervention exercise* and the treatment group II consisted of 10 samples with the SMWLM and Mc.Kenzie *intervention exercise*. **Results:** normality test with *Shapiro Wilk test* obtained data with normal distribution while homogeneity test with *Levene's test* obtained data had homogeneous variants. Hypothesis test results in the treatment group I with, obtained p value <0.001 for mobility and a value of p <0.001 for disability which means Mc.Kenzie *exercise* is effective in increasing mobility and decreasing disability. In treatment group II, p values <0.001 were obtained for mobility and p <0.001 for disability which means the addition of SMWLM to Mc.Kenzie *exercise* is effective in increasing mobility and decreasing disability in disc bulging. In the difference test between the two groups, the p value = 0.001 for mobility and the p value = 0.020 for disability, which means there is a difference in effectiveness between the addition of SMWLM in Mc.Kenzie *exercise* in increasing mobility and decreasing disability in disc bulging. **Conclusion:** There is a difference in effectiveness the addition of SMWLM to Mc.Kenzie *exercise* in increasing mobility and decreasing disability in the case of *lumbar disc bulging*

Keywords: *Mc.Kenzie exercise, SMWLM, Lumbar Disc Bulging Waist Pain*