

ABSTRAK



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Penambahan Ankle Elastic Band terhadap Eccentric Calf Stretch Pada Peningkatan Kapasitas Fungsional Pelari Rekreasional Dalam Kasus Medial Tibial Stress Syndrome

Terdiri dari VI Bab, 55 Halaman, 6 Tabel, 6 gambar, 7 Lampiran

Tujuan : Untuk mengetahui perbedaan intervensi *eccentric calf stretch* dengan *ankle elastic band* terhadap *eccentric calf stretch* dalam meningkatkan kapasitas fungsional pelari rekreasi pada kasus MTSS. **Metode :** penelitian ini bersifat *quasi experimental* dengan *pre test-post test design group*, dimana kapasitas fungsional diukur menggunakan *medial tibial stress syndrome score* (MTSS Score). Sampel terdiri dari 20 orang pasien di komunitas Tangerang crazy Runner. Sampel dikelompokkan menjadi 2 kelompok, kelompok I terdiri dari 10 orang sampel dengan intervensi *eccentric calf stretch* dan kelompok II terdiri dari 10 orang sampel dengan intervensi *ankle elastic band* dan *eccentric calf stretch*. **Hasil :** Uji normalitas dengan *Shapiro wilk test* didapatkan data berdistribusi normal sedangkan uji homogenitas dengan *Levene's test* didapatkan data bervariasi homogen. Hasil uji hipotesis I dengan *paired sample t-test*, didapatkan $p < 0,0001$ pada MTSS score. Hasil uji hipotesis II dengan *paired sample t-test*, didapatkan $p < 0,0001$ pada MTSS score. Dan uji hipotesis III dengan *independent sample t-test* menunjukkan nilai $p < 0,0001$ pada MTSS score. **Kesimpulan :** Ada perbedaan antara intervensi antara *eccentric calf stretch* dengan penambahan *ankle elastic band* terhadap *eccentric calf stretch* pada penambahan kapasitas fungsional pelari rekreasi pada kasus MTSS.

Kata Kunci : *eccentric calf stretch*, *ankle elastic band*, MTSS, kapasitas fungsional, pelari rekreasi

ABSTRACT



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Addition Of Ankle Elastic Band On Eccentric Calf Stretch For Improving Functional Capacity Recreational Runners In The Case Of Medial tibial Stress syndrome

Consists of VI Chapters, 55 Pages, 6 Tables, 6 images, 7 Attachments

Objective : To determine the differences in eccentric calf stretch intervention with the ankle elastic band against eccentric calf stretch in increasing the functional capacity of recreational runners in the MTSS case. **Method :** This study was quasi-experimental with a pre-post-test design group, where functional capacity was measured using the medial tibial stress syndrome score (MTSS Score). The sample consisted of 20 patients in the Tangerang community crazy runner. The sample was grouped into 2 groups, group I consisted of 10 people with eccentric calf stretch intervention and group II consisting of 10 samples with an ankle elastic band intervention and eccentric calf stretch. **Results:** The normality test with Shapiro Wilk test showed that the data were normally distributed while the homogeneity test with Levene 's test obtained homogeneous variant data. The results of the hypothesis I test with paired sample t-test, obtained $p < 0,0001$ on the MTSS score. The results of hypothesis II testing with paired sample t-test, obtained $p < 0,0001$ on the MTSS score. And hypothesis test III with the independent sample t-test shows a p value $< 0,0001$ on the MTSS score. **Conclusion:** There is a difference between the intervention between the eccentric calf stretch and the addition of the ankle elastic band to the eccentric calf stretch in addition to the functional capacity of the recreational runner in the MTSS case.

Keywords : eccentric calf stretch, ankle elastic band, MTSS, functional capacity, recreational runner