



ABSTRACT

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ADDITIONAL GLUTEUS MEDIUS EXERCISE ON THE CORE STABILITY EXERCISE ON THE IMPROVEMENT OF DYNAMIC BALANCE OF BADMINTON PLAYERS POST CHRONIC SPRAIN ANKLE

Consist of VI Chapters, 72 Pages, 11 Tabels, 9 Pictures, 7 Graphics, 4 Schemes, 9 Attachments

Objective: To determine the difference of gluteus medius exercise addition to core stability exercise to increase dynamic balance in badminton player after chronic ankle sprain. **Method:** Pre test with pre test post test design control group, dynamic balance using excitation star excitation test. The sample consisted of 30 badminton players post chronic sprain ankle in PB Djarum Patra and selected by random sampling with questioner. The samples were grouped into 2 groups, each group consisting of 15 teams with the first treatment group exercise was Core Stability Exercise and the second treatment group was Gluteus Medius and Core Stability Training. **Result:** normality test with shapiro wilk test result of normal distributed data and homogeneity test with levene test obtained homogenous data. The result of hypothesis test in treatment group I with Paired Sample t-Test, got value $p = 0,002$ with mean before $63,95 \pm 9,96$, and now $69,82 \pm 9,4$ where practice can improve dynamic balance. Group II treatment with Paired Samples t-Test, obtained p value = 0.001 with mean before $65,62 \pm 8,3$ and state $83,84 \pm 7,22$ where exercise can improve dynamic balance. The result of the Independent Sample t-Test shows the value of 0.003 with the mean difference of 1 is 5.86 ± 1.38 and the difference of 2 is 18.21 ± 3.72 , where the addition of Gluteus Medius Exercise at Core Stability Exercise can improve the dynamic balance of badminton players post sprain ankle chronic. **Conclusion** Gluteus Medius Exercise on Core Stability Exercise is better than Core Stability exercises against dynamic balance improvement of badminton players after chronic ankle sprains.

Keywords: *Core Stability Exercise, Gluteus Medius Exercise, Dynamic Balance, Badminton Player, Chronic Ankle Sprain*