



ABSTRACT

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Objective: To know differences effects of addition *Exesice Squat* on the *Laser With Low Intensity* To Reduce *Grade* cellulite in women aged 19 to 25 years. **Methods:** sample was selected based *purposive sampling*, Ankle functional is measured using *Foot function index*. Samples based on Pocock formula consist of 10 people. The sample is divided into 2 groups. Treatment Group with addition *Squat exercise* on *Laser with Low Intensity*, control group with *Low Intensity Laser*. **Result:** Normality test with shapiro wilk test obtained not normal diffusion data, homogeneity test with Levene's test got homogenous data. The result of hypothesis test on treatment group 1 with *Wilcoxon sign rank test* obtained value $p= 0.034$ for addition *Squat exercise* with *Low Intensity laser*. treatment group II *Wilcoxon sign rank test* obtained value $p= 0,038$ for *Low Intensity Laser*. Result of *Mann- whitney u test* shows value $p = 0,221$ which means there is no difference effect of adding *squat exercise* at *low intensity laser* to decrease *grade* cellulite in women 19 to 25 years. **Conclusion:** there is no difference effect of adding *squat exercise* at *low intensity laser* to decrease *grade* cellulite in women 19 to 25 years

Keywords: *Squat Exercise, Laser, decrease grade cellulite*