



ABSTRACT

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THE DIFFERENCE EFFECTS OF POLD METHODE AND MC.KENZIE EXERCISE WITH TRACTION INTERMITTENT AND MC.KENZIE EXERCISE IN DECREASING PAIN AND IMPROVING THE MOBILITY IN CASE OF DISCOGENIC BACK PAIN

Consisting of VI Chapter, 60 Page, 10 Table, 1 Figures, 3 Scheme, Attachment

Purpose: To know the difference between the intervention of Pold Methode and Mc .Kenzie exercise with Traction Intermittent and Mc.Kenzie exercise to decrease pain intensity and increase lumbar mobility in case of discogenic back pain. **Methods:** This is an experimental study with pretest-post test design control group, in which decreased pain intensity was measured using Visual Analogue Scale (VAS) and lumbar mobility using Modified-Modified Schober (MMS). The sample consisted of 30 patients at Rs.Siaga Raya and was selected by distributing the questionnaire. The samples were grouped into 2 groups, the treatment in group I consisted of 15 samples with Pold Methode and Mc.Kenzie exercise intervention and treatment in group II consisted of 15 samples with intervention traction intermittent and Mc.Kenzie exercise. **Result:** Normality test with shapiro wilk test got an abnormal distributed data while homogeneity test with levene's test got homogenous variant data. The result of hypothesis test at group I with *Paired Sample T-test*, got $p = <0,001$ in VAS and MMS $p = 0,001$ which means the intervention of pold methode and Mc.Kenzie exercise can decrease pain intensity and increase lumbar mobility in case of discogenic back pain. The treatment in group II with Wilcoxon Signed Rank Test, $p = 0.001$ was obtained in VAS and MMS $p = <0.001$, which means Traction Intermittent and Mc.Kenzie intervention may reduce pain intensity and increase lumbar mobility in case of discogenic back pain. In the Mann-Whitney U Test result, the value 0,002 in VAS and MMS 0.022 means there is no difference between Pold Methode and Mc.Kenzie exercise with Traction Intermittent in decreasing pain and increasing lumbar mobility in case of discogenic back pain. **Conclusion:** The Intervention of Pold Method and Mc. Kenzie exercise with Traction Intermittent and Mc.Kenzie exercise is as much as good at reducing pain intensity and improving lumbar mobility in case of discogenic back pain.

Keyword: *Pold Methode, Mc.Kenzie exercise, Traction Intermittent, Discogenic back pain.*