

# INTERVENSI *MUSCLE ENERGY TECHNIQUE* TIDAK LEBIH BAIK DARIPADA INTERVENSI *MYOFASCIAL RELEASE TECHNIQUE* DALAM MENURUNKAN DISABILITAS LENGAN PADA KASUS TENNIS ELBOW

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## Abstract

**Objective:** To find out that giving a Muscle Energy Technique intervention is better than giving a Myofascial Release Technique intervention in reducing arm disability in Tennis elbow cases. **Method:** Quasi Experiments research with Pretest-Posttest Group Design in which the reduction in disability of the arms in the Tennis elbow case was measured using Disability of the Arm, Shoulder and Hand (DASH). The sampling technique using purposive sampling consisted of 14 samples. The study was conducted in RT 006/10 in the Kemanggisan area, West Jakarta from May 4 to May 18 2015 divided by matching allocation into treatment group I with the Muscle Energy Technique intervention. While the treatment group II with the intervention Myofascial Release Technique. **Results:** Normality test using Shapiro Wilk Test and homogeneity test using Levene's T-test. Hypothesis testing I used the Paired Sample Test with a  $p$  value=0.000 with Muscle Energy Technique. Hypothesis II test using the Wilcoxon Test with  $p$  value=0.017 with Myofascial Release Technique. Hypothesis III the Independent Sample T-Test with a  $p$  value = 0.141 **Conclusion:** Muscle Energy Technique intervention is no better than Myofascial Release Technique intervention in reducing arm disability in Tennis Elbow case.

**Keywords :** Tennis Elbow, Muscle Energy Technique, Myofascial Release Technique.

## Abstrak

**Tujuan :** Untuk mengetahui pemberian intervensi *Muscle Energy Technique* lebih baik daripada pemberian intervensi *Myofascial Release Technique* dalam menurunkan disabilitas lengan pada kasus *Tennis elbow*. **Metode :** Penelitian bersifat *Quasi Experiments* dengan *Pretest-Posttest Group Design* dimana penurunan disabilitas lengan pada kasus *Tennis elbow* diukur menggunakan *Disability of the Arm, Shoulder and Hand (DASH)*. Teknik pengambilan sampel dengan *purposive sampling* terdiri dari 14 sampel. Penelitian dilakukan di lingkungan RT 006/10 di daerah kemanggisan, Jakarta Barat dari tanggal 04 mei - 18 mei 2015 dibagi berdasarkan *matching allocation* menjadi kelompok perlakuan I dengan intervensi *Muscle Energy Technique*. Sedangkan kelompok perlakuan II dengan intervensi *Myofascial Release Technique*. **Hasil :** Uji normalitas menggunakan *Shapiro Wilk Test* dan uji homogenitas menggunakan *Levene 's T-test*. Uji hipotesis I menggunakan *Paired Sample Test* dengan nilai  $p= 0.000$  dengan Intervensi *Muscle Energy Technique* . Uji hipotesis II menggunakan *Wilcoxon Test* dengan nilai  $p= 0.017$  dengan Intervensi *Myofascial Release Technique*. Uji Hipotesis III menggunakan *T-Test Independent Sample* dengan nilai  $p= 0.141$  **Kesimpulan:** Intervensi *Muscle Energy Technique* tidak lebih baik daripada intervensi *Myofascial Release Technique* dalam menurunkan disabilitas lengan pada kasus *Tennis Elbow*.

**Kata Kunci :** Tennis Elbow, Muscle Energy Technique, Myofascial Release Technique.