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PENAMBAHAN MOBILIZATION WITH MOVEMENT (MWM) ANKLE PADA WOBBLE BOARD EXERCISE LEBIH BAIK DALAM MENINGKATKAN STABILISASI ANKLE PADA ANTERIOR ANKLE IMPINGMENT SYNDROME

Terdiri VI Bab, halaman, tabel, gambar, skema, grafik, lampiran

Tujuan : Untuk mengetahui penambahan MWM pada *wobble board exercise* lebih baik dalam meningkatkan stabilisasi *ankle* pada kasus *anterior ankle impingement*.

Metode : Metode penelitian bersifat kuasi eksperimental yang bertujuan untuk mengetahui peningkatan stabilisasi dengan MWM pada *wobble board exercise*.

Sample terdiri dari 18 orang di kampung lamporan rt 06 semanan kalideres, Jakarta Barat dan dipilih berdasarkan kriteria inklusi.

Hasil : Hasil uji normalitas dengan *shapiro-wilk test* didapatkan data berdistribusi normal sedangkan uji homogenitas dengan *Lavene's test* didapatkan data memiliki varian yang homogen.

Hasil uji hipotesis pada kelompok perlakuan 1 dengan *t-test related* didapatkan nilai $p < 0,001$ dimana berarti *wobble board exercise* meningkatkan stabilisasi *ankle*.

Sedangkan pada kelompok 2, uji hipotesis dengan *t-test related* didapatkan nilai $p < 0,001$ dimana berarti Penambahan MWM pada *wobble board exercise* meningkatkan stabilisasi *ankle*.

Kesimpulan : Penambahan MWM pada *wobble board exercise* lebih baik dalam meningkatkan stabilisasi *ankle*.

Kata Kunci : *wobble board exercise, mobilization with movement, stabilisasi ankle, anterior ankle impingement.*



ABSTRACT

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ADDITION TO BETTER MOBILIZATION WITH MOVEMENT (MWM) ANKLE
IN WOBBLE BOARD EXERCISE IN INCREASING ANKLE STABILIZATION
IN ANTERIOR ANKLE IMPINGMENT SYNDROME

Consists of VI Chapters, pages, tables, images, tables, graphs, attachments

Objective: To determine the ratio of MWM to wobble board exercises better in improving ankle stabilization in cases of anterior ankle impingement. **Method:** Experimental research method which aims to find out stabilization by mobilizing with movement in the wobble board exercise. The sample consisted of 18 people in Kampung Lamporan RT 06 Semanan Kalideres, West Jakarta and was selected based on the inclusion criteria. **Results:** The results of normality test with shapiro-wilk test obtained normal distribution data while homogeneity test with Lavene test obtained data that had homogeneous variants. The results of hypothesis testing in fitness group 1 with the related t-test obtained p value $< 0,001$ which means that the shake exercise improves ankle stability. Whereas in group 2, hypothesis testing with related t-test obtained p value $< 0,001$ which means that MWM addition on the shake board improves ankle stabilization exercise. **Conclusion:** Addition to better MWM in the wobble board exercise in increasing ankle stabilization in anterior ankle impingement syndrome.

Keywords: *Wobble board exercise, mobilization with movement, ankle stabilization,*

anterior ankle impingement.

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