



ABSTRACT

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Mersya Fildzah
Undergraduate Physiotherapy Study Program
Faculty of Physiotherapy
Esa Unggul University

DIFFERENCE OF GLUTEUS ACTIVATION AND WALL SQUAT WITH MEDICINE BALL EXERCISE ON CORE STABILITY EXERCISE ON DYNAMIC STABILITY WOMAN WITH PATELLOFEMORAL PAIN SYNDROME

Consists of VI Chapters, 77 Pages, 11 Tables, 13 Images, 6 Graphs, 4 Schemes.

Objective: this study aims to determine differences of wall squat with medicine ball and gluteus activation exercise on core stability exercises to increase dynamic stability in female with patellofemoral pain syndrome. **Methods:** this study is a quasi experimental to determine the effect of intervention of the research object. The tool used to assess the outcome were *Star Excursion Balance Test* (SEBT). The sample consisted of 16 people selected based on purposive random sampling technique using available assessment tables. The samples were grouped into 2 groups, treatment group I consisted of 10 people with wall squat with medicine ball and core stability exercise; and treatment group II consisted of 10 people with gluteus activation and core stability exercise. **Results:** Normality test with Shapiro Wilk test showed that the data were normally distributed while the homogeneity test with Levene's test found that the data had a homogeneous variant. Hypothesis test results in treatment group I with Paired Sample t Test, obtained $p < 0,001$ which means wall squat with medicine ball and core stability exercise have a significant effect on increasing dynamic stability in cases of patellofemoral pain syndrome. In treatment group II with Paired Sample t-Test, obtained $p < 0,001$ which means gluteus activation and core stability exercise have a significant effect on increasing dynamic stability in cases of patellofemoral pain syndrome. The results of the independent sample t-test showed $p = 0,562$ which means there is no significant difference in decreasing dynamic stability in pada treatment group I dan treatment group II. **Conclusion:** There is no difference in wall squat with medicine ball and gluteus activation on core stability exercise on dynamic stability of women in the case of Patellofemoral Pain Syndrome.

Key words : *Wall Squat With Medicine Ball, Gluteus Activation, Wall Squat, Core Stability, dynamic stability, Patellofemoral Pain Syndrome.*