



ABSTRAK

SKRIPSI, Agustus 2018

Endah Dwi Pangesti

Program Studi S-1 Fisioterapi

Fakultas Fisioterapi

Universitas Esa Unggul

PERBEDAAN *CLAM EXERCISE* DAN LATIHAN *STATIC QUADRICEPS STRETCHING* PADA INTERVENSI *WALL SQUAT EXERCISE* UNTUK MENINGKATKAN FUNGSIONAL KASUS *PATELLOFEMORAL PAIN SYNDROME* PADA WANITA

Terdiri dari VI Bab, 80 Halaman, 8 Tabel, 6 Gambar, 4 Skema, 7 Lampiran

Tujuan: Untuk mengetahui perbedaan *clam exercise* dan latihan *static quadriceps stretching* pada intervensi *wall squat exercise* untuk meningkatkan fungsional kasus *patellofemoral pain syndrome* pada wanita. **Metode:** Penelitian bersifat *quasi experimental* dengan *pre test-post test*, tingkat aktivitas fungsional diukur menggunakan *Knee Injury and Osteoarthritis Outcome Score*. Sampel keseluruhan 20 orang dibagi menjadi 2 kelompok. Kelompok perlakuan I dengan intervensi *Clam exercise* dan *Wall squat*, kelompok perlakuan II dengan intervensi *Static quadriceps stretching* dan *Wall squat*. **Hasil:** Uji normalitas dengan *shapiro wilk test* data berdistribusi normal dan uji homogenitas dengan *levne's test* data memiliki varian homogen. Hasil uji hipotesis kelompok perlakuan I dengan *Paired Sample t-Test*, nilai $p < 0,01$ berarti intervensi *clam exercise* dan *wall squat* dapat meningkatkan fungsional lutut. Kelompok perlakuan II dengan *Paired Sample t-Test*, nilai $p < 0,01$ berarti intervensi *static quadriceps stretching* dan *wall squat* dapat meningkatkan fungsional lutut. Hasil *independent sample t-test* nilai $p < 0,01$ berarti ada perbedaan *clam exercise* dan latihan *static quadriceps stretching* pada intervensi *wall squat exercise* untuk meningkatkan fungsional. **Kesimpulan:** Ada perbedaan *clam exercise* dan latihan *static quadriceps stretching* pada intervensi *wall squat exercise* untuk meningkatkan fungsional kasus *patellofemoral pain syndrome* pada wanita.

Kata Kunci: *Patellofemoral Pain Syndrome, Clam Exercise, Static Quadriceps Stretching, Wall squat.*

ABSTRACT



Thesis, August 2018

Endah Dwi Pangesti

Study Program S-1 Physiotherapy

Faculty of Physiotherapy

Esa Unggul University

DIFFERENCE OF CLAM EXERCISE AND STATIC QUADRICEPS STRETCHING EXERCISE ON INTERVENTION OF WALL SQUAT EXERCISE TO IMPROVE FUNCTIONAL CASE OF PATELLOFEMORAL PAIN SYNDROME IN WOMEN

Consists of VI chapter, 80 pages, 8 tables, 6 pictures, 4 Scheme, 7 Attachment

Aim: To know the difference of clam exercise and static quadriceps stretching exercise on intervention of wall squat exercise to improve functional case patellofemoral pain syndrome in women. **Method:** This study is quasi experimental with pretest-posttest, the functional activity levels were measured using Knee Injury and Osteoarthritis Outcome Score. The sample consisted of 20 people. Group I consists of 10 people with intervention clam exercise and wall squat exercise and group II consists of 10 people with intervention static quadriceps stretching exercise and wall squat exercise. **Results:** Test Shapiro Wilk normality test data is normal distribution homogeneity with levene's test data has a homogeneous variant. Hypothesis test group I with Paired Sample t-Test, $p < 0,01$ intervention clam exercise and wall squat can improve the functional. Group II Paired Sample t-Test, $p < 0.01$ intervention static quadriceps stretching and wall squat can improve the functional. Independent sample t-test showed the value $p < 0,01$ there is a difference of clam exercise and static quadriceps stretching on intervention of wall squat exercise to improve functional. **Conclusion:** There is a difference of clam exercise and static quadriceps stretching exercise on intervention of wall squat exercise to improve functional case patellofemoral pain syndrome in women.

Keywords: Patellofemoral Pain Syndrome, Clam Exercise, Static Quadriceps Stretching, Wall squat