

## ABSTRAK



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### **PERBEDAAN PENAMBAHAN *STATIC STRETCHING LIGAMEN CARPI TRANSVERSUM* DENGAN *TENDON GLIDING TECHNIQUE* DAN *NEURAL MOBILIZATION* TERHADAP PENURUNAN AMBANG KESEMUTAN KASUS *CARPAL TUNNEL SYNDROME* PADA PEKERJA SALON**

Terdiri IV Bab, 68 Halaman, 7 Tabel, 4 Gambar, 4 Lampiran

**Tujuan:** untuk mengetahui perbedaan penambahan *static stretching ligamen carpi transversum* dengan *tendon gliding technique* dan *neural mobilization* terhadap penurunan ambang kesemutan kasus *carpal tunnel syndrome* pada pekerja salon.  
**Metode:** penelitian ini bersifat *quasi experimental*, sampel di pilih berdasarkan teknik *purposive sampling*. Sampel dikelompokkan menjadi dua kelompok, kelompok kontrol terdiri dari 9 orang dengan intervensi *tendon gliding technique* dan *neural mobilization* dan kelompok perlakuan yang terdiri dari 9 orang dengan intervensi penambahan *static stretching ligamen carpi transversum* dengan *tendon gliding technique* dan *neural mobilization*.  
**Hasil:** Uji normalitas dengan *Shapiro wilk test* didapatkan data terdistribusi normal dan uji homogenitas dengan *lavene's test* di dapatkan data varian yang homogen. Hasil uji hipotesis I dan II dengan *paired sample t-test* didapatkan nilai  $p=0.000$  yang berarti intervensi *tendon gliding technique* dan *neural mobilization* berpengaruh signifikan terhadap penurunan ambang kesemutan kasus *carpal tunnel syndrome* pada pekerja salon. pada kelompok perlakuan dengan *paired sample t-test* nilai  $p=0.000$ . Pada Uji hipotesis III hasil *independent sample t-test* menunjukkan nilai  $p=0.001$ .  
**Kesimpulan:** penambahan *static stretching ligamen carpi transversum* pada *tendon gliding technique* dan *neural mobilization* lebih baik dalam menurunkan ambang kesemutan kasus *carpal tunnel syndrome* pada pekerja salon.

**Kata kunci:** *carpal tunnel syndrome, static stretching ligamen carpi transversum, tendon gliding technique, neural mobilization, spymomanometer*

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## ABSTRACT



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### **DIFFERENCES IN ADDITION OF LIGAMEN CARPI TRANSVERSUM STATIC STRETCHING WITH TENDON GLIDING TECHNIQUE AND NEURAL MOBILIZATION ON DECREASING THE DEVELOPMENT OF CARPAL TUNNEL SYNDROME CASE ON BEAUTY PARLOUR WORKERS**

Consists of IV Chapters, 68 Pages, 7 Tables, 4 Images, 4 Attachments

**Objective:** to study difference of the addition technique transverse static stretching ligament with tendon gliding technique and neural mobilization to decrease the tingling threshold of carpal tunnel syndrome in beauty parlour workers. **Method:** this study was quasi experimental, the sample was selected based on the purposive sampling technique. Samples were grouped into two groups, the control group consisted of 9 people with interventional tendon gliding techniques and neural mobilization and the treatment group consisted of 9 people with the intervention of adding static stretching carpi transverse ligaments with tendon gliding technique and neural mobilization. **Results:** The normality test with Shapiro Wilk test showed that the were normally distributed and the homogeneity test with Lavene's test was obtained in the homogeneous variance. Hypothesis I and II test results with paired sample t-test  $p$  value = 0.000 which means that intervention of tendon gliding technique and neural mobilization have a significant effect on decreasing the tingling threshold of carpal tunnel syndrome cases in salon workers. in the treatment group with paired sample t-test the value of  $p$  = 0.000. In the third hypothesis test the results of the independent sample t-test show the value of  $p$  = 0.001. **Conclusion:** the addition of static stretching of the transverse carpi ligament to the tendon gliding technique and neural mobilization is better at lowering the tingling threshold of cases of carpal tunnel syndrome in beauty parlour workers.

Keywords: carpal tunnel syndrome, static stretching transverse carpi ligament, tendon gliding technique, neural mobilization, spymomanometer