



## ABSTRACT

UNDERGRADUATE THESIS, August 2019

**Zunaedi Salam**

Undergraduate Program Physiotherapy

Faculty of Physiotherapy

Esa Unggul University

### **ADDITIONAL EXERCISE OF VISUAL CUE (VCT) TRAINING ON GAIT TRAINING ON RUNNING FUNCTIONAL ABILITY IN POST-STROKE PATIENTS**

Consist of VI Chapter, 61 Pages, 6 Table, 9 Images, 7 Appendix

**Objective:** To determine the addition of Visual Cue Training (VCT) training in gait training exercise on functional ability to walk in post-stroke patients. **Method:** Quasi-experimental research with pre-post-test, post-stroke patients' functional ability scores were measured using dynamic gait index. A total sample of 20 people was divided into 2 groups. The treatment group I with gait training exercise intervention had mean  $\pm$  SD before intervention  $6.90 \pm 0.994$  and after intervention  $13.70 \pm 1.160$ , treatment group II with gait training exercise intervention added with visual cue training had mean value  $\pm$  SD before intervention  $11,00 \pm 1.054$  and after the intervention  $21.70 \pm 2.119$ . **Results:** Normality test with Shapiro Wilk test obtained data with normal distribution and homogeneity test with Levene's test obtained homogeneous variant data. The results of the hypothesis of group I with Paired Sample t-Test, p value  $<0,0001$  which means that giving gait training exercise can improve functional ability to walk. Treatment group II with Paired Sample t-test p value  $<0.0001$ , meaning that the addition of visual cue training intervention to gait training exercise can improve functional walking. The results of the Independent sample t-test p value  $<0.001$ , meaning that there is a difference between gait training training and the addition of visual cue training to gait training exercise in improving functional ability to walk. **Conclusion:** There is a difference between gait training exercise and the addition of visual cue training to gait training exercise in improving functional functioning in post-stroke human beings.

**Keywords:** Functional Walking, Post-Stroke People, Gait Training Exercise, Visual Cue Training.