

ABSTRAK



SKRIPSI, Oktober 2019
Ananta Mia Saraswaty
Program Studi S-1 Fisioterapi
Fakultas Fisioterapi
Universitas Esa Unggul

PERBEDAAN ANTARA *COLD PACK* DAN *MOBILIZATION WITH MOVEMENT* DENGAN *COLD PACK* DAN *INDIRECT MYOFASCIAL RELEASE TECHNIQUE* TERHADAP PENINGKATAN KEKUATAN MENGENGAM DAN PENURUNAN DISABILITAS PADA TENNIS ELBOW TIPE II

Terdiri VI Bab, 59 Halaman, 10 Tabel, 8 Gambar, 5 Lampiran

Tujuan: Untuk mengetahui perbedaan *cold pack* dan MWM dengan *cold pack* dan *Indirect myofascial release technique* terhadap peningkatan kekuatan mengenggam dan penurunan disabilitas pada kasus tennis elbow tipe II. **Metode** : Jenis penelitian ini merupakan *quasi eksperimental* dengan *pre test-post test group design*, dimana kekuatan genggam diukur dengan hand grip dynamometer dan disabilitas diukur menggunakan PRTEE. Sampel diambil dari populasi yang menderita tennis elbow di gor dengan teknik *matching allocation* terdiri dari 14 orang yang dikelompokkan menjadi 2 kelompok, kelompok perlakuan I terdiri dari 7 orang sampel dengan intervensi *cold pack* dan MWM, kelompok perlakuan II terdiri dari 7 orang sampel dengan intervensi *cold pack* dan IMRT. **Hasil:** Terdapat selisih hasil pengukuran hand grip dynamometer dan PRTEE pada mean dan standar deviasi pada perlakuan I dan II. Hasil Uji normalitas dengan *Shapiro wilk test* didapatkan seluruh data berdistribusi normal sedangkan uji homogenitas dengan *Levene's test* didapatkan data bervariasi homogen. Hasil uji hipotesis I dan II dengan *paired sample t-test* didapatkan nilai $p < 0,0001$ dan uji hipotesis III dengan *independent sample t-test* menunjukkan nilai $p = 0,024$ untuk peningkatan kekuatan mengenggam dan nilai $p < 0,0001$ untuk penurunan disabilitas. **Kesimpulan:** Intervensi *cold pack* dan MWM lebih baik daripada *cold pack* dan IMRT dalam meningkatkan kekuatan mengenggam dan menurunkan tingkat disabilitas pada kasus tennis elbow tipe II.

Kata Kunci: Tennis elbow, MWM, IMRT

ABSTRACT



SKRIPSI, October 2017

Ananta Mia Saraswaty

Undergraduate Program Physiotherapy

Faculty of Physiotherapy

Esa Unggul University

DIFFERENCE IN COLD PACK AND MOBILIZATION WITH MOVEMENT WITH COLD PACK AND INDIRECT MYOFASCIAL RELEASE TECHNIQUES IN IMPROVED STRENGTH GRIP AND DECREASED DISABILITY IN TENNIS ELBOW TYPE II.

Consists of VI Chapter, 59 Pages, 10 Tables, 8 Images, 5 Appendix

Objective: To find out the difference in cold pack and mobilization with movement with cold pack and indirect myofascial release techniques in improved strength grip and decreased disability in tennis elbow type II. **Methods:** This study was a type of quasi experimental study with pre test post-test design group. Where the strength of the hand is measured by the hand grip dynamometer and disability is measured using PRTEE. The sample consisted from population that has a tennis elbow in a Gor with technique matching allocation consist of 14 people were grouped into 2 groups, treatment group I consisted of 7 samples with the intervention of cold pack and MWM, treatment group II consisted of 7 people sampled with cold pack intervention and IMRT.dx **Result:** There is a difference in the results of the hand grip dynamometer and PRTEE measurements on the mean and standard deviation in treatment I and II. The results normality test with shapiro wilk test was obtained with normal diffusion data while homogeneity test with Levene's test got homogenous data. The result of hypothesis test I and II with paired sample t-test was obtained $p < 0.0001$ and hypothesis test III with independent sample t-test shows the value of $p = 0,0024$ for the increase of strength grip and $p < 0,0001$ for disability degradation. **Conclusion:** Cold pack and MWM interventions are better than cold packs and IMRT in increasing grip strength and reducing disability in cases of type II tennis elbow.

Keywords: Tennis elbow, MWM, IMRT