

ABSTRAK



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Penambahan Intervensi *Continuous Passive Motion* (CPM) Terhadap *Quadriceps Setting Exercise* Untuk Meningkatkan Fungsional Lutut Pada Kasus *Total Knee Replacement* (TKR) Di Rs Mitra Kemayoran

Terdiri dari VI Bab, 113 halaman, 6 gambar, 15 table, 5 skema, dan lampiran.

Tujuan : Mengetahui pengaruh penambahan intervensi *Continuous Passive Motion* (CPM) dan *Quadriceps Setting Exercise* terhadap *Quadriceps Setting Exercise* untuk meningkatkan fungsional lutut pada kasus *Total Knee Replacement* (TKR) Di Rs Mitra Kemayoran. **Metode** : penelitian berjenis *quasi experimental* dengan *pretest-posttest design*, fungsional lutut diukur dengan menggunakan WOMAC Test. Sampel terdiri dari 12 orang dan dibagi kedalam dua kelompok perlakuan. **Hasil** : Uji normalitas digunakan uji *shapiro wilk test* didapatkan data berdistribusi normal dan uji homogenitas dengan *levene's test* didapatkan data homogen. Hasil uji hipotesis kelompok perlakuan penambahan intervensi *Continuous Passive Motion* dan *Quadriceps Setting Exercise* dengan *paired sample T-test* didapatkan $P= 0,659$ dengan mean sebelum $67 \pm 2,366$ dan sesudah $13 \pm 5,060$ menunjukkan intervensi penambahan intervensi *Continuous Passive Motion* dan *Quadriceps Setting Exercise* memiliki pengaruh terhadap peningkatan fungsional lutut pada kasus *Total Knee Replacement*. Kelompok perlakuan *Quadriceps Setting Exercise* dengan *paired sample T-test* didapatkan $P= 0,425$ dengan mean sebelum $64,5 \pm 5,010$ dan sesudah $16,83 \pm 5,037$ menunjukkan *Quadriceps Setting Exercise* memiliki pengaruh terhadap peningkatan fungsional pada kasus *Total Knee Replacement*. Hasil *independent Sample T-test* nilai $p=0,301$ berarti ada pengaruh peningkatan perlakuan *Continuous Passive Motion* dan *Quadriceps Setting Exercise* dan perlakuan *Quadriceps Setting Exercise*. **Kesimpulan** : Ada pengaruh penambahan intervensi *Continuous Passive Motion* (CPM) dan *Quadriceps Setting Exercise* terhadap *Quadriceps Setting Exercise* untuk meningkatkan fungsional lutut pada kasus *Total Knee Replacement* (TKR) Di Rs Mitra Kemayoran

Kata kunci : *Fungsional, quadriceps setting exercise, continuous passive motion, WOMAC test, total knee replacement.*

ABSTRACT



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Addition of Continuous Passive Motion (CPM) Intervention Against Quadriceps Setting Exercise To Improve Knee Functionality In Total Knee Replacement (TKR) Cases At Mitra Kemayoran Hospital

Consists of VI Chapters, 113 pages, 6 images, 15 tables, 5 schematics, and attachments.

Objective: Knowing the effect of the addition of continuous passive motion (CPM) intervention and quadriceps setting exercise to quadriceps setting exercise to improve knee functionality in the case of total knee replacement (TKR) in Mitra Kemayoran Hospital. **Method:** quasi experimental type research with pretest-posttest design, functional knee measured using WOMAC Test. The sample consisted of 12 people and was divided into two treatment groups. **Result** : Normality test used shapiro wilk test obtained normal distribution data and homogeneity test with levene's test obtained homogeneous data. Hypothetical test results of the treatment group of the addition of *Continuous Passive Motion* intervention and *Quadriceps Setting Exercise* with paired sample T-test obtained $P=0.659$ with mean before $67 \pm 2,366$ and after $13 \pm 5,060$ showed the intervention of adding *Continuous Passive Motion* intervention and *Quadriceps Setting Exercise* had an influence on knee functional improvement in *Total Knee Replacement* cases. The *Quadriceps Setting Exercise* treatment group with paired sample T-test obtained $P=0.425$ with mean before $64.5 \pm 5,010$ and after $16.83 \pm 5,037$ show *Quadriceps Setting Exercise* had an influence on functional improvement in cases of *Knee Total Replacement*. Independent Sample T-test results of $p=0,301$ values mean there is an increased effect of *Continous Passive Motion* treatment and *Quadriceps Setting Exercise* and *Quadriceps Setting Exercise* treatment. **Conclusion** : There is an effect of the addition of *Continuous Passive Motion* (CPM) and *Quadriceps Setting Exercise* intervention to *Quadriceps Setting Exercise* to improve knee functionality In *Total Knee Replacement* (TKR) Cases At Mitra Kemayoran Hospital

Keywords: Functional, quadriceps setting exercise, continuous passive motion, WOMAC test, total knee replacement.