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**PERBEDAAN ANTARA KOMBINASI *HOLD RELAX* DENGAN
MOBILIZATION WITH MOVEMENT PADA TRAKSI OSILASI DALAM
MENURUNKAN DISABILITAS PADA KASUS *FROZEN SHOULDER***

Terdiri VI Bab, 68 Halaman, 10 Tabel, 7 Gambar, 8 Lampiran

Tujuan: Mengetahui perbedaan antara kombinasi *hold relax* dengan MWM pada traksi osilasi dalam menurunkan disabilitas pada kasus *frozen shoulder*. **Metode:** Metode penelitian ini bersifat *quasi experiment* dengan design penelitian *pre test* dan *post test group design*. Disabilitas bahu diukur menggunakan SPADI. Sampel diambil dari populasi karyawan atau karyawan pekerja di Kantor Allianz Tower yang terindikasi gangguan *frozen shoulder* dan dikelompokkan menjadi 2 kelompok. Kelompok I terdiri dari 6 orang sampel dengan intervensi *hold relax* dan traksi osilasi dan kelompok II terdiri dari 6 orang sampel dengan intervensi MWM dan traksi osilasi. Kelompok perlakuan I pada alat ukur SPADI sebelum intervensi memiliki nilai *mean* dan standar deviasi $75,25 \pm 2,81$ dan setelah intervensi $26,02 \pm 1,91$ sedangkan pada kelompok perlakuan II dengan menggunakan alat ukur SPADI sebelum intervensi memiliki nilai $80,12 \pm 1,91$ dan setelah intervensi $18,84 \pm 2,51$. **Hasil:** Hasil uji normalitas dengan *Shapiro wilk test* didapatkan data berdistribusi normal sedangkan uji homogenitas dengan *Levene's test* didapatkan data bervariasi homogen. Hasil uji hipotesis I dengan *paired sample t-test*, didapatkan $p < 0,0001$. Pada uji hipotesis II dengan *paired sample t-test*, didapatkan $p < 0,0001$. Dan uji hipotesis III dengan *independent sample t-test* menunjukkan nilai $p < 0,0001$. **Kesimpulan:** Ada perbedaan antara intervensi *hold relax* dan traksi osilasi dengan MWM dan traksi osilasi terhadap penurunan disabilitas bahu dalam kasus *frozen shoulder*.

Kata Kunci: Hold relax, MWM, traksi osilasi, *frozen shoulder*, SPADI.



ABSTRACT

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DIFFERENCES BETWEEN COMBINATION HOLD RELAX WITH MOBILIZATION WITH MOVEMENT IN TRAKSI OSILASI IN REDUCI DISABILITY IN FROZEN SHOULDER CASE

Consists of VI Chapters, 68 Pages, 10 Tables, 7 Images, 8 Appendix

Objective: To find out the difference combination *hold relax* and MWM in traksi osilasi on decrease shoulder disability for frozen shoulder case. **Methods:** This study was quasi experimental study with pre-test and post-test group design. Samples were chosen based on purposive sampling technique. The sampel were taken from population of employees at Alianz tower office who indicated frozen shoulder and were grouped into 2 groups. Group I consisted of 6 samples in *hold relax* and traksi osilasi, group II consided of 6 sample in MWM and traksi osilasi. Treatment on group I on SPADI measuring insturement before intervention had a mean and standard deviation of 75.25 ± 2.81 and after intervention 26.02 ± 1.91 while in treatmen group II using SPADI measuring instrument before intervention had a value of 80.12 ± 1.91 and after intervention 18.84 ± 2.51 . **Result:** the results of normality test with shapiro wilk test was obtained with normal diffusion data. homogeneity test with Levene's test got homogenous data. The result of hypothesis test I based on paired sample t-test was obtained $p < 0.0001$. Hypothesis test II based on paired sample t-test was obtained $p < 0.0001$. And hypothesis test III based on independent sample t-test was obtained the value of $p < 0.0001$. **Conclusion:** There is a difference between hold relax intervention and traksi osilasi with MWM and traksi osilasi to decrease shoulder disability in cases of frozen shoulder.

Keywords: Hold relax, MWM, traksi osilasi, frozen shoulder, SPADI.