

## ABSTRACT



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### THE DIFFERENCE EFFECTIVENESS OF AQUATIC THERAPY AND LAND-BASED EXERCISE TO INCREASING FUNTIONAL ON MYOGENIC LOW BACK PAIN

Consist of 6 Chapters, 73 Pages, 9 Images, 4 Schemes, 8 Tables, 5 Attachments

**Objective:** This study aimed to know difference effectiveness of aquatic therapy and land-based exercise to increasing functional on myogenic low back pain.

**Methods:** Quasi-experiment research with two group pre and post test designs.

The sample consisted of 13 people selected using purposive sampling technique and divided into two groups. Intervention group I was given aquatic therapy and intervention group II was given land-based exercise. Functional activities of lumbal using Oswestry Disability Index (ODI). **Results:** Hypothesis I and II test results with paired sample t-test showed p value  $< 0.001$  which means there is an effect of increasing functional on myogenic low back pain with aquatic therapy and land-based exercise while hypothesis III test with independent sample t-test showed p value = 0.890 which means there is no difference in the effect between aquatic therapy and land-based exercise to increasing functional on myogenic low back pain. **Conclusion:** There is no difference in effect between aquatic therapy and land-based exercise to increasing functional on myogenic low back pain.

**Keywords:** myogenic low back pain, aquatic therapy, land-based exercise, activities functional of lumbal

