



## ABSTRAK

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### **PERBEDAAN PENAMBAHAN MOBILIZATION WITH MOVEMENT TECHNIQUE PADA ECCENTRIC EXERCISE TERHADAP PENURUNAN DISABILITAS SIKU PADA TENNIS ELBOW TIPE II**

Terdiri dari VI Bab, 81 Halaman, 6 Tabel, 5 Gambar, 3 Skema, 1 Grafik, 8 Lampiran

**Tujuan:** Untuk membuktikan penambahan intervensi *mobilization with movement* (MWM) pada *eccentric exercise* lebih baik dalam menurunkan disabilitas siku pada kondisi *tennis elbow* tipe II. **Metode:** Penelitian bersifat *quasi experimental* dengan desain *pretest-posttest control group*. Sampel diambil dari populasi warga RW.08 Pulo Gebang dengan teknik *purposive sampling*. Total sampel penelitian terdiri dari 12 orang dan dibagi menjadi dua kelompok dengan 6 orang di tiap kelompok. Kelompok I diberikan *eccentric exercise*, sementara kelompok II diberikan MWM dan *eccentric exercise*. Disabilitas siku diukur menggunakan *Patient-Rated Tennis Elbow Evaluation* (PRTEE). **Hasil:** Hasil uji normalitas menggunakan *Shapiro-Wilk test* dan uji homogenitas menggunakan *Levene's test* menunjukkan data berdistribusi normal dan varian homogen. Hasil uji hipotesis I menggunakan *paired sample t-test* dan hasil uji hipotesis II menggunakan *paired sample t-test* menunjukkan nilai  $p < 0.0001$ . Adapun hasil uji hipotesis III menggunakan *independent sample t-test* menunjukkan nilai  $p < 0.0001$ . **Kesimpulan:** Penambahan MWM pada *eccentric exercise* lebih baik dalam menurunkan disabilitas siku pada *tennis elbow* tipe II.

Kata kunci: *tennis elbow*, *eccentric exercise*, MWM, disabilitas siku



## ABSTRACT

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### **THE DIFFERENCE OF MOBILIZATION WITH MOVEMENT ADDITION ON ECCENTRIC EXERCISE TO REDUCE ELBOW DISABILITY IN TYPE II TENNIS ELBOW**

Consist of VI Chapters, 81 Pages, 6 Tables, 5 Figures, 3 Schemes, 1 Graph, 8 Attachments

**Objective:** To prove the addition of mobilization with movement (MWM) intervention on eccentric exercise is better in reducing elbow disability in type II tennis elbow conditions. **Methods:** This is a quasi-experimental study with a pretest-posttest control group design. The samples had taken from RW.08 Pulo Gebang with purposive sampling technique. Total sample of the study consisted 12 people and were divided into two groups with 6 people each. Group I were given eccentric exercise, while group II were given MWM and eccentric exercise. Elbow disabilities were measured using the Patient-Rated Tennis Elbow Evaluation (PRTEE). **Results:** The results of the normality test using Shapiro-Wilk test and the homogeneity test using Levene's test indicate data is normally distributed and homogeneous variant. The result of hypothesis I test using paired sample t-test and the result of hypothesis II test using paired sample t-test showed the p value  $< 0.0001$ . As for the result of hypothesis III test using independent sample t-test showed the p value  $< 0.0001$ . **Conclusion:** The addition of MWM on eccentric exercise is better in reducing elbow disability in type II tennis elbow.

Keywords: tennis elbow, eccentric exercise, MWM, elbow disability