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**PERBEDAAN KOMBINASI *SCHROTH EXERCISE* DAN *THORACIC TRACTION MANIPUALTION* DENGAN *SCHROTH EXERCISE* DAN *FOAM ROLLER EXERCISE* DALAM PENURUNAN KURVA PADA KASUS HIPERKIFOSIS TORAKAL**

Terdiri dari VI Bab, 77 Halaman, 6 Tabel, 7 Gambar, 8 Lampiran.

**Tujuan:** Untuk mengetahui perbedaan kombinasi *Schroth exercise* dan *thoracic traction manipulation* dengan *Schroth exercise* dan *foam roller exercise* dalam penurunan kurva pada kasus hiperkifosis torakal. **Metode:** Penelitian bersifat *quasi experimental* dengan *pre-test* dan *post-test group design*. Total sampel dalam penelitian ini adalah 20 orang yang dibagi menjadi 2 kelompok dan tiap kelompok berjumlah 10 orang. Kelompok I dengan intervensi *Schroth exercise* dan *thoracic traction manipulation* dan kelompok II dengan *Schroth exercise* dan *foam roller exercise*. Nilai derajat kurva diukur dengan *flexicurve*. **Hasil:** Uji hipotesis I dan II dengan *paired sampel t-test* menunjukkan nilai  $p < 0,001$ . Hal ini berarti pemberian intervensi kelompok I ataupun II secara signifikan dapat menurunkan disabilitas lutut. Selanjutnya, hipotesis III antara dua kelompok dengan *independent sampel t-test* diperoleh nilai  $p < 0,049$ , artinya terdapat perbedaan yang signifikan antara kelompok I dan kelompok II dan penelitian ini menunjukkan kombinasi *Schroth exercise* dan *foam roller exercise* lebih baik dari pada kombinasi *Schroth exercise* dan *thoracic traction manipulation* dengan perbedaan rata-rata selisih dan standar deviasi pada kelompok I sebesar  $34,03 \pm 1,66$  dan pada kelompok II sebesar  $32,50 \pm 1,56$ . **Kesimpulan:** Ada perbedaan kombinasi *Schroth exercise* dan *thoracic traction manipulation* dengan *Schroth exercise* dan *foam roller exercise* dalam penurunan kurva pada kasus hiperkifosis torakal.

**Kata Kunci:** *Hiperkifosis Torakal, Schroth exercise, thoracic traction manipulation, foam roller exercise, flexicurve.*

## ABSTRACT

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### **DIFFERENCE BETWEEN THE COMBINATION OF SCHROTH EXERCISE WITH THORACIC TRACTION MANIPULATION AND SCHROTH EXERCISE WITH FOAM ROLLER EXERCISE IN DECREASING THE CURVE OF HYPERKYPHOSIS THORACAL.**

Consist of VI Chapter, 77 Pages, 6 Tabel, 7 Images, 8 Appendix.

**Objective:** to determine the difference between the combination of schroth exercise with thoracic traction manipulation and schroth exercise with foam roller exercise in decreasing the curve of hyperkyphosis thoracal. **Method:** This is a quasi experimental study with pre-post test group design. The total samples in this study were 20 people divided into 2 groups with each group consisted of 10 people. Group I was given the schroth exercise and thoracic traction manipulation and group II was given the schroth exercise and foam roller exercise. The degree value of the thoracic spine curve was measured by a flexicurve. **Results:** The hypothesis I and II tests with the paired sample t-test show the p value  $< 0.001$ . this means that the intervention of group I or group II can significantly decrease the degree of the curve. The hypothesis III test between the 2 groups using the independent sample t-test shows the p value  $< 0.049$ . this means that there is a significant difference between group I and group II and this research showed that the combination of schroth exercise with foam roller exercise was better than that of schroth exercise with thoracic traction manipulation with the mean and standard deviation difference in group I was  $34.03 \pm 1.66$  and in group II was  $32.50 \pm 1.56$ . **Conclusion:** there is a difference between the combination of schroth exercise with thoracic traction manipulation and schroth exercise with foam roller exercise in decreasing the curve of hyperkyphosis thoracal.

**Keywords:** *Hyperkyphosis Thoracal, Schroth exercise, thoracic traction manipulation, foam roller exercise, flexicurve.*