

SKRIPSI, Maret 2022

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**PERBANDINGAN EFEK *CORE STABILITY EXERCISE*
DENGAN *MC KENZIE EXERCISE* TERHADAP PENURUNAN
DISABILITAS LUMBAL PADA PASIEN *LOW BACK PAIN*
MYOGENIK DI RSUD CENKARENG**

Terdiri VI Bab, 92 Halaman, 15 Gambar, 4 skema, 11 Tabel, 13 Singkatan, 4 Lampiran

Latar belakang: *Low back pain* merupakan kondisi yang banyak dialami oleh orang dewasa tua dan masih mendominasi kasus *musculoskeletal* di praktek klinis. Disabilitas adalah dampak dari LBP yang terjadi pada pasien LBP myogenik. Pemberian latihan sangat dianjurkan dalam mengatasi penurunan disabilitas lumbal dan menjadi program yang harus diberikan pada setiap penanganan untuk mencegah dan mengobati LBP myogenik.

Tujuan: Untuk mengetahui efektivitas perbandingan *Core Stability Exercise* dengan *Mc Kenzie Exercise* terhadap penurunan disabilitas lumbal pada pasien Low Back Pain Miogenik.

Metode: penelitian ini merupakan jenis penelitian *quasi experiment* dengan rancangan *pre and post test two group design* yang dilakukan di RSUD Cengkareng. Sampel terdiri dari 20 orang yang dikelompokkan menjadi kelompok perlakuan I sebanyak 10 orang, dengan intervensi *Core Stability Exercise* dan kelompok perlakuan II sebanyak 10 orang, dengan intervensi *Mc Kenzie Exercise*.

Hasil: Uji *Paired Sample T-test* data disabilitas lumbal pada Kelompok perlakuan I dan Kelompok perlakuan II didapatkan hasil $18,70 \pm 1,41$ dan $14,60 \pm 1,89$ dengan nilai *p value* = 0,001, yang menunjukkan pada kedua kelompok terdapat efek yang bermakna dalam menurunkan disabilitas lumbal. Uji *Independent Samples T-Test* kelompok perlakuan I dan kelompok perlakuan II menunjukkan hasil *p value* = 0,11 yang berarti bahwa tidak terdapat perbandingan efek *core stability exercise* dengan *McKenzie exercise* terhadap penurunan disabilitas lumbal pada pasien *low back pain myogenik*.

Kata Kunci : *Core Stability Exercise, McKenzie Exercise, Disabilitas Lumbal, Low Back Pain Myogenik.*

Thesis, March 2022
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**COMPARISON OF THE EFFECT OF CORE STABILITY EXERCISE
AND MC KENZIE EXERCISE TO DECREASE LUMBAL DISABILITY
IN LOW BACK PAIN MYOGENIC PATIENTS AT CENGKARENG
HOSPITAL**

Consists of VI Chapters, 92 Pages, 15 Images, 4 schematics, 11 Tables, 13 abbreviation, 4 attachment.

Background: Low back pain is a condition that is often experienced by older adults and still dominates musculoskeletal cases in clinical practice. Disability is the impact of LBP that occurs in patients with myogenic LBP. The provision of exercise is highly recommended in overcoming the decline in lumbar disability and is a program that must be given to every treatment to prevent and treat myogenic LBP.

Objective: To determine the effectiveness of the comparison of Core Stability Exercise and Mc Kenzie Exercise to decrease lumbar disability in Low Back Pain Myogenic patients.

Methods: This research is a quasi-experimental research with a pre and post test two group design which was carried out at Cengkareng Hospital. The sample consisted of 20 people who were grouped into treatment group I consisting of 10 people, with Core Stability Exercise intervention and treatment group II consisting of 10 people, with Mc Kenzie Exercise intervention.

Results: Paired Sample T-test of lumbar disability data in treatment group I and treatment group II, the results were 18.70 ± 1.41 and 14.60 ± 1.89 with p value = 0.001, which indicates that in both groups there is a significant effect in reduce lumbar disability. Independent Samples T-Test of treatment group I and treatment group II showed p value= 0.11, which means that there is no comparison of the effect of core stability exercise and mc Kenzie exercise to decrease lumbar disability in low back pain myogenic patients.

Keywords: Core Stability Exercise, McKenzie Exercise, Lumbar Disability, Myogenic Low Back Pain.