

PERBEDAAN TEKNIK INTERVENSI *SINGLE LEG PROPIOSEPTIVE EXERCISE* DENGAN *TANDEM WALKING EXERCISE* TERHADAP PENINGKATAN KESEIMBANGAN BERDIRI PASIEN HEMIPARESE PASCA STROKE

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ABSTRAK

Tujuan: Untuk mengetahui perbedaan teknik intervensi *Single Leg Propioseptive Exercise* dengan *Tandem Walking Exercise* terhadap peningkatan keseimbangan berdiri pasien hemiparese pasca stroke. **Metode:** Penelitian eksperimental dengan desain penelitian rancangan two group *pre test* dan *post test* design. Total sampel n=18 orang pasca stroke ringan, tingkat keparahan stroke diukur dengan National Institute of Health Stroke Scale (NIHSS). *Pre test* dan *post test* diukur dengan *Berg Balance Scale* (BBS). **Hasil:** Uji hipotesis I dan II terhadap kelompok perlakuan I dan II dengan *paired sampel t-test* dengan nilai p=0,001, uji hipotesis III terhadap kelompok perlakuan I dan II dengan *independent sample t-test* nilai p=0,057 menunjukkan teknik intervensi *Single Leg Propioseptive Exercise* lebih baik daripada *Tandem Walking Exercise* dalam meningkatkan keseimbangan berdiri pasien pasca stroke. **Kesimpulan:** teknik intervensi *Single Leg Propioseptive Exercise* lebih baik daripada *Tandem Walking Exercise* dalam meningkatkan keseimbangan berdiri pasien pasca stroke

Kata kunci: *Single Leg Propioseptive, Tandem Walking Exercise, Stroke, Keseimbangan Berdiri*

ABSTRACT

Objective: To find out the difference between *Single Leg Propioseptive Exercise* and *Tandem Walking Exercise* intervention techniques to improve standing balance of post stroke stroke hemiparese patients. **Methods:** An experimental study with a two group *pre-test* and *post-test* design research design. Total sample n = 18 people after mild stroke, the severity of stroke was measured by the *National Institute of Health Stroke Scale* (NIHSS). *Pre test* and *post test* are measured by the *Berg Balance Scale* (BBS). **Results:** Hypothesis I and II tests for treatment groups I and II with *paired sample t-test* with p = 0.001, hypothesis test III for treatment groups I and II with *independent sample t-test* p = 0.057 showed that *Single Leg Propioseptive Exercise* intervention techniques were better than *Tandem Walking Exercise* in improving the standing balance of patients after a stroke. **Conclusion:** *Single Leg Propioseptive Exercise* intervention techniques are better than *Tandem Walking Exercise* in improving the standing balance of patients after stroke

Keywords: *Single Leg Propioseptive, Tandem Walking Exercise, Stroke, Standing Balance*