ABSTRAK

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PENAMBAHAN *KINESIO TAPPING* PADA PEMBERIAN *NEURAL MOBILIZATION* DAPAT MENINGKATKAN FUNGSI GERAK PADA PENDERITA *CARPAL TUNNEL SYNDROME*

Terdiri dari VI Bab, 78 Halaman, 10 Tabel, 9 Gambar, 7 Lampiran

Tujuan: untuk menganalisa intervensi kinesio tapping pada neural mobilization untuk meningkatkan fungsi gerak pergelangan tangan pada kasus Carpal Tunnel Syndrome akibat gerakan berulang dengan waktu yang lama pada pergelangan tangan yang menyebabkan penekanan pada nervus medianus. Metode: Dalam penelitian ini metode yang digunakan experimental pretest-posttest control group design dengan total sampel 16 yang dibagi dua kelompok (n=8 sampel). Kelompok I diberikan neural mobilization dan kelompok II (kontrol) diberikan kinesio tapping dan neural mobilization. Pengukuran keterbatasan tangan menggunakan Boston Carpal Tunnel Syndrome Questionnaire (BCTQ). Hasil: Nilai kelompok 1 rerata pada pengukuran BCTQ (Symptom Severity Scale), pretest=28±3.070. Untuk rerata pada pengukuran BCTQ (Functional Status Scale), pretest=20.25±3.770, p=0.0001 (p<0.05). Nilai kelompok 2 (kontrol) rerata pada pengukuran BCTQ (SSS) pretest=31.12±3.681. Untuk rerata pada pengukuran BCTQ (FSS) pretest 22,87±3.979, p=0.0001 (p<0.05). Selanjutnya nilai perbedaan kedua kelompok, nilai rerata pengukuran BCTQ (SSS) posttest kelompok I=19.75±3.195 dan kelompok II (kontrol)=19.25±3.011, untuk nilai rerata pengukuran BCTQ (FSS), posttest kelompok I=12.75±3.370 dan kelompok II (kontrol)=13.5±3.207, terdapat perbedaan pada kelompok I dan II (kontrol), p=0.0001 (p<0.05). Kesimpulan: Penambahan kinesio tapping dan neural mobilization selama 4 minggu dapat meningkatkan fungsi gerak pergelangan tangan pada kasus Carpal Tunnel Syndrome.

Kata kunci: carpal tuunel syndrome, neural mobilization, kinesio tapping, meningkatkan fungsi gerak tangan.

ABSTRACT

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ADDITIONAL KINESIO TAPPING IN THE PROVISION OF NEURAL MOBILIZATION CAN IMPROVE MOTOR FUNCTION IN CARPAL TUNNEL SYNDROME PATIENTS
Consist of VI Chapters, 78 Pages, 10 Tables, 9 Figures, 7 Attachments

Objective: to analyze kinesio tapping intervention on neural mobilization to improve wrist movement function in cases of Carpal Tunnel Syndrome due to repetitive movements over a long period of time on the wrist which causes pressure on the median nerve. Method: In this research the method used was experimental pretest-posttest control group design with a total sample of 16 divided into two groups (n=8 samples). Group I was given neural mobilization and group II (control) was given kinesio tapping and neural mobilization. Hand limitations were measured using the Boston Carpal Tunnel Syndrome Questionnaire (BCTQ). Results: Group 1 mean score on BCTQ (Symptom Severity Scale) measurement, pretest=28±3.070. For the mean on the BCTQ (Functional Status Scale) measurement, pretest=20.25±3.770, p=0.0001 (p<0.05). The mean score of group 2 (control) on the pretest BCTQ (SSS) measurement = 31.12 ± 3.681. The mean for the pretest BCTQ (FSS) measurement was 22.87 ± 3.979, p = 0.0001 (p < 0.05). Furthermore, the difference between the two groups, the mean value of the posttest BCTQ (SSS) measurement for group I=19.75±3.195 and group II (control)=19.25±3.011, for the mean value of the BCTQ (FSS) measurement, group I posttest=12.75±3.370 and group II (control)=13.5±3.207, there was a difference in groups I and II (control), p=0.0001 (p<0.05). Conclusion: The addition of kinesio tapping and neural mobilization for 4 weeks can improve wrist function in cases of Carpal Tunnel Syndrome.

Key words: carpal tunnel syndrome, neural mobilization, kinesio tapping, improving hand movement function.