



## ABSTRACT

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### **ADDITIONAL OF GAZE STABILIZATION EXERCISE ON WOBBLE BOARD EXERCISE AND TRAMPOLINE EXERCISE ARE BETTER TO IMPROVING BALANCE.**

Contain VI chapters, 125 pages, 12 tables, 32 picture, 4 grafics, 4 charts, 4 attachment

**Background:** It is common in society there are so many exercises that claimed could improve our balance. However, there is an incomplete understanding of the balance exercise using the tools such as *wobble board* and *trampoline* properly, and there is new technique for balance exercise using exercise for vestibular (*Gaze Stabilization* exercise). **Objective:** to proving that additional of *Gaze Stabilization* exercise on *Wobble Board* exercise and *Trampoline* exercise are better to improving balance. **Design:** This study was using *quasi experimental* with technique a *simple random sampling*. **Methodh:** balance scores were collected from 20 healthy participants with no experiences of balance exercise. The participants devide into two group by *simple random sampling*. Group I (*wobble board* and *trampoline exercise*) and group II (additional *gaze stabilization* on *wobble board* and *trampoline exercise*) Balance was measured every 2 weeks over a month period by *Tandem Romberg* test. **Results:** Every participant (in group I and group II) had the balance score increase but in different number with a month balance exercise using *wobble board*, *trampoline* and *gaze stabilization* exercise. With *Independent T-test* (deviation between group I and group II) showing that there is significant deference between two group with  $p= 0,001(p<0,05)$ . **Conclusions:** With *Independent T-test* (deviation between group I and group II) showing that there is significant defferent between two group with  $p= 0,001(p<0,05)$ . So the additional of *Gaze Stabilization* exercise on *Wobble Board* exercise and *Trampoline* exercise are better to improving balance

**Keyword:** *balance, improving, gaze stabilization exercise, wobble board exercise, trampoline exercise, Tandem Romberg test.*