



ABSTRACT

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"INTERVENTION SWD AND HIP EXTENSION TRACTION BETTER THAN INTERVENTION SWD AND WILLIAM'S FLEXION EXERCISE FOR DECREASE LUMBO-PELVIC-HIP DISABILITY ON CASE SACROILIAC JOINT DYSFUNCTION"

This minithesis consists of Chapter VI, 112 pages, 13 tables, 29 pictures, 2 scheme, and 4 attachments

Objective: This study aimed to determine whether the intervention MWD and hip extension traction better than SWD and William's flexion exercise in reducing lumbo-pelvic-hip disability in the case of sacroiliac dysfunction . **Sample:** sacroiliac joint dysfunction are taken from a population that is managed and handled in Physiotherapy Departement Medical Rehabilitation Al-Ihsan Hospital Balendah Bandung, using Physiotherapy assessment with a sample of 20 men and women aged 21-50 years. Treatment group I consisted of 10 people, who received the intervention SWD 3 times a week for 6 treatments. Treatment group II consisted of 10 people who received the intervention SWD and hip extension traction 3 times a week for 6 treatments. **Methods:** This study is a quasi eksperiments, pretest-posttest group design study Statistical analysis using paired sample t-test and independent t-test. at baseline between treatment groups starting from the same condition or homogen. **Result:** The results of the first hypothesis test using paired sample t-test was obtained $p = 0.001$ ($p < \alpha = 0.05$), which means that H_0 is rejected, which showed a decrease in disability significant at SWD intervention and William's flexion exercise to the treatment group I , mean value 24 and SD 7,482 . Hypothesis II testing using a paired sample t-test showed $p = 0.001$ ($p < \alpha = 0.05$), which means that H_0 is rejected, which showed a significant decrease in disability the provision of intervention SWD and hip extension traction in the treatment group II, mean value 16,2 and SD 8,009. In the third hypothesis testing by independent t-test showed $p = 0.031$ ($p < \alpha = 0.05$), which means intervention SWD and hip extension traction better than SWD and William's flexion exercise in reducing disability lumbo-pelvic-hip on the sacroiliac dysfunction. cases in the treatment group I and group II treatment. **Keywords:** Sacroiliac joint dysfunction , SWD, William's flexion exercise SWD, hip extension traction .