ABSTRATCT

Minithesis, February 2015
Nurma
Program Study S-1 Physiotherapy,
Fakulty of Physiotherapy Esa Unggul University,

INTERVENTION COMBINATION PULSED SHORTWAVE DIATHERMY (PSWD) AND CORE STABILITY EXERCISE BETTER THAN INTERVENTION PULSED SHORTWAVE DIATHERMY (PSWD) AND MC. KENZIE EXERCISE BY STEP FOR DECREASE DISABILITY ON PATIENT WITH LUMBAL DISC BULGING AT RSUD AL IHSAN BALEENDAH BANDUNG.

This minithesis consists of ChaptersVI, 158 Pages, 17 Tables, 39 Pictures, 4 Schemes, and 5 Attachments

Objective: This study aimed to determine whether the intervention PSWD and Core Stability Exercise better than PSWD and Mc. Kenzie Exercise by step for decrease disability for patien Lumbal Disc Bulging at RSUD Al Ihsan Baleendah Bandung. **Methode:** Quasi experiments for knowing intervention to object research. **Sample:** Including from 20 physicaltherapy patient and chose by purposive sampling technique with assesment table. Sample are separated for two group, first 10 people with intervention PSWD and Core Stability Exercise and another group 10 people with intervensi PSWD and Mc. Kenzie Exercise by step. **Result:** Normality test result shapiro wilk test data get not normal and than for homogenity levene's test get homogen result. Hypothesis result in first group with wilcoxon sign rank test showed p=0,005 that meaned intervention PSWD and Core Stability Exercise can decrease disability on patien with lumbal disc bulging. In second group with paired sample t-test showed p=0,001 that meaned intervention PSWD and Mc. Kenzie Exercise by step can decrease disability on patien with lumbal disc bulging. From result mann-whitney u-test showed p=0,003 that meaned disability decrease at first group better than second group. **Conclution**: Intervention combination PSWD and Core Stability Exercise better than intervention PSWD and Mc. Kenzie Exercise by step for decrease disability on patient with Lumbal Disc Bulging at RSUD Al Ihsan Baleendah Bandung.

Keyword: PSWD, Core Stability Exercise, Mc. Kenzie Exercise by step, Lumbal Disc Bulging.