



## ABSTRAK

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### **PERBEDAAN EFEK ANTARA MILL'S MANIPULATION DENGAN MIOFASCIAL RELEASE TECHNIQUE TERHADAP KEKUATAN MENGGEGGAM DAN DISABILITAS PADA TENNIS ELBOW TIPE II**

Terdiri dari VI Bab, 71 Halaman, 12 Tabel, 14 Gambar, 5 Grafik, 5 Skema, 6 Lampiran

**Tujuan :** Untuk mengetahui perbedaan efek antara Transcutaneous Electrical Nerve Stimulation dan Mill's Manipulation dengan Transcutaneous Electrical Nerve Stimulation dan Miofascial Release Technique terhadap peningkatan kekuatan menggenggam dan disabilitas pada tennis elbow tipe II. **Metode :** penelitian bersifat Quasi eksperimen, dimana kekuatan menggenggam menggunakan Hand Dynamometer dan disabilitas menggunakan Patient Rate Tennis Elbow Evaluation. Sampel Terdiri dari 14 orang yang dipilih berdasarkan purposive sampling. Sampel dibagi kedalam 2 kelompok masing-masing 7 orang. Kelompok perlakuan 1 dengan Transcutaneous Electrical Nerve Stimulation dan Mill's Manipulation. Kelompok perlakuan II dengan Transcutaneous Electrical Nerve Stimulation dan Myofascial Release Technique. **Hasil:** Uji normalitas dengan Shapiro wilk test didapatkan data berdistribusi normal sedangkan uji homogenitas dengan Levene's test didapatkan data bervarian homogen. Hasil uji hipotesis pada kelompok perlakuan 1 dengan paired sampel t-test didapatkan nilai  $p=0,012$  untuk kekuatan menggenggam dan  $p=0,038$  untuk disabilitas lengan yang berarti ada efek intervensi Transcutaneous Electrical Nerve Stimulation dan Mill's Manipulation terhadap kekuatan menggenggam dan disabilitas pada tennis elbow tipe II. Pada kelompok perlakuan II dengan paired sample t-test didapatkan nilai  $p=0,001$  untuk kekuatan menggenggam dan  $p=0,001$  untuk disabilitas lengan yang berarti ada efek ada efek Transcutaneous Electrical Nerve Stimulation dan Miofascial Release Technique terhadap kekuatan menggenggam dan disabilitas pada tennis elbow tipe II. Hasil Independent sampel t-test menunjukkan nilai  $p=0,226$  untuk kekuatan menggenggam untuk disabilitas lengan 0,501 yang berarti tidak ada perbedaan efek antara antara Mill's Manipulation dengan Myofascial Release Technique terhadap kekuatan menggenggam dan disabilitas pada tennis elbow tipe II. **Kesimpulan :** Tidak ada perbedaan efek antara Transcutaneous Electrical Nerve Stimulation dan Mill's Manipulation dengan Transcutaneous Electrical Nerve Stimulation dan Myofascial Release Technique terhadap peningkatan kekuatan menggenggam dan disabilitas pada tennis elbow tipe II.

**Kata Kunci:** Transcutaneous Electrical Nerve Stimulation, Mill's Manipulation, Myofascial Release Technique, Tennis Elbow tipe II.

## ABSTRACT



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### **DIFFERENCES IN THE EFFECT OF WITH MILL'S MANIPULATION WITH MYOFASCIAL RELEASE TECHNIQUE TO GRIP STRENGTH AND DISABILITY OF TENNIS ELBOW TYPE II.**

Consisting of Chapter VI, 71Maps,12Tables,14pictures,5graphs,5Scheme,6 Annex  
**Objective:** To determine differences in effect between Mill's Manipulation with Myofascial Release Technique to grip strength and disability to tennis elbow type II. **Methods:** This study is a quasi exsperimental to form two groups of unpaired (unrelated), where the grip strength is measured using the Hand Dynamometer and disability measured by Patient Rate Tennis Elbow Evaluation. Sample consited of 14 people that chosen from purposive sampling. Sample divided to two groups each group is 7 people. The experimental group I with Transcutaneous Elektrical Nerve Stimulation and Mill's Manipulation. The experimental group II with Transcutaneous Elektrical Nerve Stimulation and Myofascial Release Technique. **Results :** Normality test with normal distribution of data while homogeneity test data has a homogeneous variant. The results of hypothesis test in the experimental group I with paired sample t-test  $p$  value = 0.012 for hand grip strengthening and  $p$  = 0.038 for hand disability which means giving Transcutaneous Elektrical Nerve Stimulation and Mill's Manipulation effective in hand grip strengthening and disability of tennis elbow type II. In the treatment group II with paired sample t-test  $p$  value = 0.001 for hand grip strengthening and  $p$  = 0.001 for hand disability which means giving the Transcutaneous Elektrical Nerve Stimulation and Myofascial Release Technique is effective for hand grip strengthening and disability of tennis elbow type II. The result of independent sample t-test show  $p$  value = 0,226 for hand grip strengthening and for hand disability  $p$  value = 0,501 which means giving Transcutaneous Elektrical Nerve Stimulation and Myofascial Release Technique there is no effect for hand grip strengthening and for hand disability of tennis elbow type II. **Conclusion :** There is no effect between Transcutaneous Elektrical Nerve Stimulation and Mill's Manipulation with Transcutaneous Elektrical Nerve Stimulation and Myofascial Release Technique to increase hand grip strengthening and hand disability of tennis elbow type II.

**Keywords :** Transcutaneous Elektrical Nerve Stimulation, Mill's Manipulation, Myofascial Release Technique, Tennis Elbow type II.