



ABSTRAK

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THE DIFFERENCE INTERVENTION OF CORE STABILITY STRATEGY EXERCISE WITH ADDITION OF ANKLE STRATEGY EXERCISE FOR DYNAMIC BALANCE ON PATIEN POST STROKE

Composed: VI Chapters, 86 pages, 61 Tables, 2 charts ,7 appendices

Aim:

Method: This study is an experimental study to determine the effects of intervention on the research object. The sample consisted of 16 patients with post-stroke in Clinic Sasana Husada Stroke Services and selected based on purposive random sampling technique use an available assessment table. Sample divided into two treatment groups. Group I consists of 8 people with core stability exercise intervention and Group II consists of 8 people with addition of *ankle strategy exercise* intervention on *core stability exercise*.

Result: Normality test result with *Shapiro-Wilk Test* obtained both group data distributed normally, while homogeneity test with *Lavene Test* obtained both group data have homogenous variants. Hypothesis test results in the treatment group I with paired samples t-test p value = 0.000, which means core stability intervention exercise significant influence on the dynamic balance in patients with post-stroke. In the treatment group II with paired samples t-test p value = 0.000, which means core stability intervention exercise significant influence on the dynamic balance in patients with post-stroke. In the Hypothesis Test III, tested the significant of comparison two-sample unpaired (*independent*) or find the different effect in both treatment groups I and II use *independent sample t-test* with p value= 0,520, which means that *ankle strategy on core stability exercise* no further increase of the core stability exercise for dynamic balance in patient with post stroke.

Conclusion: The addition of *ankle strategy exercises on core stability exercise* tidak lebih meningkatkan dari pada *core stability exercise* no further increase of the core stability exercise for dynamic balance in patient with post stroke.

Keywords: *Ankle strategy exercise, Core stability exercise*, for dynamic balance in patient with post stroke.