

ABSTRAK



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PENAMBAHAN LATIHAN *CALF RAISE* PADA INTERVENSI ULTRASOUND DAN *ANKLE ELASTIC BAND* LEBIH BAIK UNTUK PENINGKATAN FUNGSIONAL ANKLE PADA KASUS *SHIN SPLINT*

Terdiri VI Bab, 129 Halaman, 14 Tabel, 9 Gambar, 6 Grafik, 3 Skema, 9 Lampiran.

Tujuan : untuk mengetahui penambahan latihan *calf raise* pada intervensi ultrasound dan *ankle elastic band* lebih baik untuk peningkatan fungsional ankle pada kasus *shin splint*. **Metode :** penelitian ini bersifat *experiment* dengan *pre test-post test design control group* dimana peningkatan fungsional ankle dengan penambahan latihan *calf raise* pada intervensi *ultrasound* dan *ankle elastic band* yang di ukur dengan *foot and ankle ability measure*. Sampel terdiri dari 20 orang di Futsal Town Bekasi Selatan dengan dibagi menjadi dua kelompok, kelompok kontrol terdiri dari 10 sampel dengan latihan yang diberikan adalah intervensi *ultrasound* dan *ankle elastic band* dan kelompok perlakuan yang terdiri dari 10 sampel dengan latihan yang diberikan adalah latihan *calf raise*, intervensi *ultrasound* dan *ankle elastic band*. **Hasil :** uji normalitas dengan *shapiro wilk test* didapatkan data berdistribusi normal sedangkan uji homogenitas dengan *levene's test* data memiliki varian yang homogen. Hasil uji hipotesis kelompok kontrol dengan *t-Test related* didapatkan nilai $p=0,000$ yang berarti intervensi *ultrasound* dan *ankle elastic band* dapat meningkatkan fungsional ankle pada kasus *shin splint*. Kelompok perlakuan dengan *t-Test related* nilai $p= 0,000$ yang berarti penambahan latihan *calf raise* pada intervensi *ultrasound* dan *ankle elastic band* dapat meningkatkan fungsional ankle pada kasus *shin splint*. Pada *t-test independent* menunjukkan nilai $p=0,000$ yang berarti peningkatan fungsional ankle lebih baik dengan kelompok perlakuan daripada kelompok kontrol. **Kesimpulan :** penambahan latihan *calf raise* pada intervensi ultrasound dan *ankle elastic band* lebih baik untuk peningkatkan fungsional ankle pada kasus *shin splint*.

Kata kunci : *shin splint*, latihan *calf raise*, *ultrasound* dan *ankle elastic band*

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EXTRA CALF RAISE EXERCISE ON INTERVENTION ULTRASOUND AND ANKLE ELASTIC BAND IS BETTER TO INCREASE THE FUNCTIONAL ANKLE IN THE CASE OF SHIN SPLINT

Objective: To determine effectiveness increase Calf Raise Exercise with combination intervention Ultrasound and Ankle Elastic Band for enhancement ankle functional in the case of Shin Splint **Methods:** This study is a quasi experiment with pretest-post test control group design, which enhancement ankle functional with increase calf raise exercise on intervention ultrasound and ankle elastic band is measured by foot and ankle ability measure. Sample consist of 20 person at Futsal Town South Bekasi which is grouped into a two groups, the control group consisted of 10 samples with the intervention provided is Ultrasound and Ankle Elastic Band and the treatment group consisted of 10 samples with the intervention provided Calf Raise Exercise, Ultrasound and Ankle Elastic Band. **Results:** Shapiro Wilk normality test normal distribution of data obtained while the homogeneity test with T-test Independent data obtained has a homogeneous variant. The results of hypothesis testing in the control group with Paired Sample t-Test, p value = 0,000 for the ankle functional, which means intervention Ultrasound and Ankle Elastic Band effective improves Ankle Functional in case of Shin Splint. In the treatment group Paired samples t-test, p value = 0,000 for Ankle Functional, which means intervention increase Calf Raise Exercise with intervention ultrasound and ankle elastic band effective improves ankle functional in case Shin Splint. **Conclusions:** Increase calf raise exercise with intervention ultrasound and ankle elastic band is significant to enhancement ankle functional in case of shin splint.

Keywords: Shin Splint, Calf Raise Exercise, Ultrasound, and Ankle Elastic Band.