

## ABSTRAK



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### **PERBEDAAN EFEKTIVITAS SELF MYOFASCIAL RELEASE DENGAN LATIHAN PENGUATAN TERHADAP NYERI DAN KNEE PERFORMANCE PADA ILIOTIBIAL BAND SYNDROME**

Terdiri VI Bab, 67 Halaman, 11 Tabel, 6 Gambar, 2 Grafik, 4 Skema, Lampiran

**Tujuan :** untuk mengetahui perbedaan efektivitas antara self myofascial release dengan latihan penguatan terhadap nyeri dan knee performance pada iliotibial band syndrome. **Metode :** penelitian *quasi experimental*. Terdiri dari 14 sampel di lingkungan Universitas Esa Unggul, tekniknya *purposive sampling*. **Hasil :** Uji normalitas menggunakan *Shapiro Wilk Test* dan uji homogenitas menggunakan *Levene's Test*. Uji hipotesis I dengan *paired sample t-test*, didapatkan nilai  $p=0,001$  untuk VAS dengan rerata sesudah  $32,14\pm 11,495$  dan  $p=0,001$  untuk kecepatan lari dengan rerata sesudah  $5,06\pm 0,336$  yang berarti self myofascial release dapat menurunkan nyeri dan meningkatkan knee performance. Pada kelompok perlakuan II dengan *paired sampel t-test*, didapatkan nilai  $p=0,001$  untuk VAS dengan rerata sesudah  $19,29\pm 9,322$  dan  $p=0,001$  untuk kecepatan lari rerata sesudah  $4,48\pm 0,4888$  berarti latihan penguatan dapat menurunkan nyeri dan meningkatkan *knee performance*. Pada hasil *independent sample t-test* . VAS rerata sesudah I ( $32,14\pm 11,495$ ) dan II ( $19,29\pm 9,322$ ) maka  $p=0,040$  dan kecepatan lari rerata sesudah I ( $5,06\pm 0,336$ ) dan II ( $4,48\pm 0,488$ ) maka  $p=0,024$  untuk kecepatan lari berarti ada perbedaan efek self myofascial release dengan latihan penguatan terhadap nyeri dan knee performance pada iliotibial band syndrome. **Kesimpulan :** ada perbedaan efektifitas antara *self myofascial release* dengan latihan penguatan terhadap penurunan nyeri dan peningkatan *knee performance* pada *iliotibial band syndrome*.

**Kata Kunci :** *Self myofascial release*, Latihan penguatan, *Iliotibial band syndrome*

## ABSTRACT



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### **DIFFERENCE IN THE EFFECTIVENESS OF SELF MYOFASCIAL RELEASE WITH STRENGTHENING EXERCISE ON PAIN AND KNEE PERFORMANCE OF ILIOTIBIAL BAND SYNDROME**

Consisting of chapter VI , 67 pages , 11 table , 6 picture , 2 charts , 4 scheme

**Objective :** To determine difference effect of self myofascial release with strengthening exercises on pain and knee performance of iliotibial band syndrome.

**Methods :** research quasi experimental. Sample of 14 people in the Esa Unggul University, chosen by purposive sampling. **Results :** Normality test using shapiro wilk test and homogeneity test using levene's test. Hypothesis test I using paired sample t-test,  $p= 0,001$  for VAS average after  $32,14\pm 11,495$  and  $p=0,001$  for speed run average after  $5,06\pm 0,336$  which means self myofascial release effective in reducing pain and increase knee performance. In the treatment group II with paired sample t-test ,  $p=0,001$  for VAS average after  $19,29\pm 9,322$  and  $p=0,001$  for speed run average after  $4,48\pm 0,4888$  which means strengthening exercises effective reduce pain and increase knee performance. Result of independent sample t-test for VAS average after I ( $32,14\pm 11,495$ )  $p=0,040$  and II ( $19,29\pm 9,322$ ) and for speed run average after I ( $5,06\pm 0,336$ ) and II ( $4,48\pm 0,4888$ )  $p=0,024$  which means there are differences effect self myofascial release with strengthening exercise to pain and knee performance on iliotibial band syndrome.

**Conclusion :** There is a difference in effectiveness between self myofascial release with strengthening exercise towards reduction pain and increased knee performance of iliotibial band syndrome.

**Keywords :** Self myofascial release , Strengthening exercise , Iliotibial band syndrome