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EFEKTIFITAS PENAMBAHAN *PRONE TRUNK EXTENSION EXERCISE* PADA *SCAPULAR RETRACTION EXERCISE* DENGAN *SUSTAINED NATURAL APOPHYSEAL GLIDES* DALAM MENURUNKAN KURVA PADA HIPERKIFOSIS TORAKAL

Terdiri dari VI BAB, 100 Halaman, 22 Gambar, 16 Tabel, 2 Grafik, 2 Skema, 8 Lampiran

Tujuan: Tujuan penelitian untuk mengetahui efektifitas penambahan prone trunk extension exercise pada *scapular retraction exercise* dengan *SNAGs* dalam menurunkan kurva pada hiperkifosis torakal. Penelitian dilaksanakan di Rumah Sakit Umum Daerah Cengkareng Jakarta. **Sampel:** Sampel dipilih dengan tehnik *purposive sampling* dengan obyek 12 orang hiperkifosis torakal. Kelompok kontrol terdiri dari 6 orang dengan intervensi yang diberikan yaitu *scapular retraction exercise* dengan *SNAGs* dan kelompok perlakuan yang terdiri dari 6 orang dengan penambahan intervensi *prone trunk extension exercise*. **Metode:** Penelitian *experimental* untuk mempelajari efek suatu intervensi pada obyek penelitian. Untuk melihat penurunan kurva pada hiperkifosis torakal, dilakukan pengukuran sebelum dan sesudah intervensi dengan menggunakan alat ukur *flexible ruler* dan inklinometer. **Hasil:** Hasil nilai rata-rata sebelum dan sesudah intervensi pada kelompok kontrol dengan *flexible ruler* 32.03 ± 1.81 dan 28.08 ± 1.75 , dengan inklinometer 31.90 ± 1.78 dan 28.00 ± 1.73 . Sedangkan pada kelompok perlakuan dengan *flexible ruler* 32.27 ± 2.55 dan 28.00 ± 2.45 , dengan inklinometer 32.18 ± 2.50 dan 27.91 ± 2.41 . Hasil uji masing-masing kelompok menunjukkan nilai $p=0.001$ ($p<0.05$). **Kesimpulan:** Ada perbedaan efek penambahan *prone trunk extension exercise* pada *scapular retraction exercise* dengan *SNAGs* dalam menurunkan kurva pada hiperkifosis torakal.

Kata Kunci: *flexible ruler*, kurva hiperkifosis, *prone trunk extension exercise*.



ABSTRACT

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THE EFFECTIVENESS OF THE ADDITION OF PRONE TRUNK EXTENSION EXERCISE ON SCAPULAR RETRACTION EXERCISE WITH SUSTAINED NATURAL APOPHYSEAL GLIDES IN REDUCING THE CURVE ON THORACIC HYPERKYPHOSIS

Consists of VI Chapters, 100 Pages, 22 Pictures , 16 Tables, 2 Graphs, 2 Scheme, 8 Attachment

Objective: Purpose to know the effectiveness of the addition of prone trunk extension exercise on scapular retraction exercise with SNAGs in reducing the curve on thoracic hyperkyphosis. Research conducted at the District General Hospital Cengkareng Jakarta. **Sample:** Samples were selected by purposive sampling technique with the object 12 thoracic hyperkyphosis. The control group consisted of 6 persons with interventions that give the scapular retraction exercise with SNAGs and treatment group consisted of 6 persons with interventions for the addition of prone trunk extension exercise. **Method:** Experimental research to study the effect of intervention to research object. Decreased the curve on thoracic hyperkyphosis was measured before and after intervention provided by using a measuring instrument flexible ruler and inclinometer. **Result:** Results of Mean \pm SD before and after intervention in the control group with flexible ruler 32.03 \pm 1.81 and 28.08 \pm 1.75, with inclinometer 31.90 \pm 1.78 and 28.00 \pm 1.73. While in the treatment group with flexible ruler 32.27 \pm 2.55 and 28.00 \pm 2.45, with inclinometer 32.18 \pm 2.50 and 27.91 \pm 2.41. The results of each group demonstrated the value of $p=0.001$ ($p<0.05$). **Conclusion:** difference effects addition of prone trunk extension exercise on scapular retraction exercise with SNAGS in reducing the curve on thoracic hyperkyphosis.

Keywords: flexible ruler, hyperkyphosis curve, prone trunk extension exercise.