



## ABSTRACT

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### **THE DIFFERENCE OF INTERVENTION MULLIGAN MOBILIZATION WITH MOVEMENT AND ULTRASOUND WITH SEMI SQUAT EXERCISE AND ULTRASOUND TO THE FUNCTIONAL KNEE OF CHONDROMALACIA PATELLA**

Consisting of Chapter VI, maps, tables, pictures, graphs, scheme, annex.

**Objective** : To figure out the difference of Mulligan Mobilization Intervention With Movement (MWM) and ultrasound (us) with Semi Squat Exercise to the functional of knee Chondromalacia Patella (CMP). **Method** : This research is quasiexperimental with pre test-post group control design test, which knee functional increase is measured by Lower Extremity Functional Scale (LEFS) and Stork Balance Stand Test. Sample is divided into two groups, First groups consists of 15 samples with MWM intervention and us and the rest Second groups consists of 15 samples with semi squat exercise and us intervention. **Result** :The result of hypothesis testing on the First Group Treatment gets the value  $p < 0.001$  to LEFS and Stork Balance Stand Test  $p < 0.001$  which means MWM and us intervention could increase knee functional on the CMP. On the third hypothesis result shows the value 0.023 to the LEFS and Stork Balance Stand Test  $p < 0.001$  that means there is no difference between MWM and us with semi squat exercise and us to the knee functional increase on the CMP case. **Conclusion** : MWM and us intervention are better than semi squat exercise and us in increasing knee functional on the CMP case.

keywords :MWM, semi squat exercise, us, chondromalacia patella.