

ABSTRAK

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Pengaruh Kombinasi *Knee To Chest Exercise* dan *Bridging Exercise* Terhadap Kemampuan Fungsional Pada *Low Back Pain Myogenic*

Pendahuluan: Penurunan kemampuan fungsional pada orang yang mengalami nyeri punggung bawah miogenik terjadi dikarenakan adanya aktivitas berlebih yang mengganggu otot sehingga otot bisa menjadi tegang dan terasa nyeri. Penanganan fisioterapi pada kasus ini ialah dengan pemberian intervensi latihan untuk stabilitas tulang belakang seperti knee to chest exercise dan bridging exercise. Penelitian ini bertujuan untuk mengetahui pengaruh kombinasi knee to chest exercise dan bridging exercise terhadap kemampuan fungsional pada low back pain myogenic.

Metode: Jenis penelitian ini adalah quasi experimental one group pre-test & post-test with control design. Subjek yaitu pasien RSUD Kajan yang memenuhi kriteria inklusi 20 orang. Teknik pengambilan sampel menggunakan purposive sampling. Knee to chest exercise dan bridging exercise diberikan 3 kali dalam waktu seminggu selama kurun waktu 2 minggu. Uji normalitas ini menggunakan uji shapiro wilk dan untuk uji pengaruh menggunakan uji wilcoxon sign ranks test.

Hasil: Hasil distribusi frekuensi dan persentase sebelum diberikan intervensi sebanyak 8 orang (40%) dengan kategori disability sedang dan setelah dilakukan intervensi meningkat menjadi 11 orang (55%) dengan kategori disability sedang. Uji Wilcoxon Test yang dilakukan pada pasien setelah mendapatkan intervensi didapatkan nilai $p=0,56$ ($p>0,05$) yang memiliki arti bahwa tidak terjadi peningkatan kemampuan fungsional pada nyeri punggung bawah miogenik dan tidak terdapat pengaruh yang signifikan.

Diskusi: Tidak terdapat pengaruh yang signifikan dengan adanya pemberian kombinasi knee to chest exercise dan bridging exercise terhadap kemampuan fungsional pada low back pain myogenic. Diharapkan pasien dapat memperhatikan aktivitas sehari-hari yang mengalami low back pain myogenic.

Kata Kunci: Low back pain myogenic, Kemampuan fungsional, Knee to chest, Bridging Exercise

Daftar Pustaka: 37 (2015-2024)

ABSTRACT

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The Effect of Combination of Knee to Chest Exercise and Bridging Exercise on Functional Ability in Myogenic Low Back Pain

Background: Functional decline in people who experience myogenic low back pain occurs due to excessive activity that disturbs the muscles causing the muscles to become tense and painful. Physiotherapy handling in this case is to provide exercise interventions for spinal stability such as knee to chest exercise and bridging exercise. This study aims to determine the effect of a combination of knee to chest exercise and bridging exercise on functional ability in myogenic low back pain.

Methods: This research is a quasi-experimental one group pre-test & post-test with control design. Subjects were patients of Kajen Hospital who met the inclusion criteria of 20 people. The technique of sampling used purposive sampling. Knee to chest exercise and bridging exercise were given 3 times a week for a period of 2 weeks. This normality test uses the Shapiro wilk test and for the effect test using the Wilcoxon sign ranks test.

Results: The results of frequency and percentage distribution before the intervention were 8 people (40%) with moderate disability category and after the intervention increased to 11 people (55%) with moderate disability category. The Wilcoxon Test conducted on patients after receiving the intervention obtained a value of $p = 0.56$ ($p > 0.05$) which means that there was no increase in functional ability in myogenic low back pain and there was no significant effect.

Discussion: There is no significant effect with the combination of knee to chest exercise and bridging exercise on functional ability in myogenic low back pain. It is hoped that patients can pay attention to daily activities that are experiencing myogenic low back pain.

Keywords: Low back pain myogenic, Functional Capabilities, Knee to Chest Bridging Exercise

References: 37 (2015-2024)