

## ABSTRAK

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**Pengaruh Penambahan *Quadriceps Setting Exercise* Dan (*Theraband*) *Ressisted Active Movement Exercise* Terhadap Aktivitas Fungsional Lutut Pada Penderita *Osteoarthritis Knee***

**Pendahuluan :** *Osteoarthritis Knee* adalah penyakit degeneratif yang umum terjadi pada usia diatas 60 tahun yang menyebabkan kerusakan tulang rawan *artikular*, penebalan tulang *subkondral*, dan pembentukan tulang baru. Penurunan fungsi menyebabkan pasien mengalami keterbatasan dalam aktivitas sehari-hari. *Quadriceps Setting Exercise* dan (*Theraband*) *Resisted Active Movement Exercise* merupakan gabungan latihan yang dapat meningkatkan kekuatan otot, meningkatkan stabilitas sendi dan meningkatkan kinerja aktivitas sehari-hari

**Tujuan :** Penelitian ini bertujuan untuk mengetahui pengaruh penambahan *Quadriceps Setting Exercise* dan (*Theraband*) *Ressisted Active Movement Exercise* terhadap aktivitas fungsional lutut pada pendetrita *Osteoarthritis Knee*.

**Metode Penelitian :** Penelitian ini menggunakan metode *quasi experiment* tipe *one group pretest-posttest design*. Pengambilan sample menggunakan *accidental sampling* dengan 20 responden. Aktivitas fungsional lutut diukur menggunakan *WOMAC Index*. Penelitian ini menggunakan intervensi *Quadriceps Setting Exercise* dan (*Theraband*) *Ressisted Active Movement Exercise* yang diberikan sebanyak 3 kali dalam seminggu, sebanyak 2 minggu.

**Hasil Penelitian :** Hasil uji statistik aktivitas fungsional lutut pada penderita *osteoarthritis knee* dengan menggunakan uji *wilcoxon* didapatkan *p value* (*Asymp. Sig. 2-tailed*) sebesar 0,000 ( $< 0,05$ ), sehingga *Ho* ditolak yang berarti terdapat pengaruh yang signifikan dari penambahan *Quadriceps Setting Exercise* dan (*Theraband*) *Ressisted Active Movement Exercise* terhadap aktivitas fungsional lutut pada penderita *Osteoarthritis Knee* di RSI Pekajangan Pekalongan.

**Simpulan :** Pemberian penambahan *Quadriceps Setting Exercise* dan (*Theraband*) *Ressisted Active Movement Exercise* berpengaruh terhadap aktivitas fungsional lutut pada pendetita *Osteoarthritis Knee* di RSI Pekajangan Pekalongan.

**Saran :** Penelitian ini dapat menjadi program latihan mandiri yang dapat dilakukan dirumah ketika mengalami penurunan tingkat kemampuan fungsional pada lutut.

**Kata Kunci :** *Osteoarthritis*, *Aktivitas Fungsional*, *Quadriceps Setting Exercise*, *Theraband*

**Daftar Pustaka :** 47 (2013-2024)

## **ABSTRACT**

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***The Effect of Addition of Quadriceps Setting Exercise and (Theraband) Resisted Active Movement Exercise on Knee Functional Activities in Patients with Osteoarthritis Knee***

**Introduction :** Knee osteoarthritis is a degenerative disease that commonly occurs in people over 60 years of age that causes articular cartilage damage, subchondral bone thickening, and new bone formation. Decreased function causes patients to get limitations in daily activities. Quadriceps Setting Exercise and (Theraband) Resisted Active Movement Exercise is a combination of exercises that can increase muscle strength, increase joint stability and improve performance in daily activities.

**Objectives :** the study aims to determine the effect of addition of Quadriceps Setting Exercise and (Theraband) Resisted Active Movement Exercise on Knee Functional Activities in Patients with Osteoarthritis Knee.

**Method :** This research uses a type one quasi experimental method group pretest-posttest design. Meanwhile, sampling used accidental one with 20 respondents. Moreover, knee functional activities were measured by WOMAC Index. This study used Quadriceps Setting Exercise and (Theraband) Resisted Active Movement Exercise interventions which were given 3 times a week, for 2 weeks.

**Result :** the results of statistical tests on knee functional activity in knee osteoarthritis sufferers using the Wilcoxon test showed a  $p$  value (Asymp. Sig. 2-tailed) of 0.000 ( $< 0.05$ ), so  $H_0$  was rejected. It means there is significant effect of addition of Quadriceps Setting Exercise and (Theraband) Resisted Active Movement Exercise on knee functional activities in knee osteoarthritis sufferers at RSI Pekajangan Pekalongan.

**Conclusion :** adding Quadriceps Setting Exercise and (Theraband) Resisted Active Movement Exercise has affected knee functional activities in knee osteoarthritis sufferers at RSI Pekajangan Pekalongan.

**Suggestion :** this research can be an independent exercise program that may be done at home when the level of functional ability in the knee decreases.

**Keywords :** Osteoarthritis, functional activities, Quadriceps Setting Exercise, Theraband

**References :** 47 (2013-2024)