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ABSTRAK

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Pengaruh Pemberian *Transverse Friction* Dan *Hold Relax* Terhadap Penurunan Nyeri *Tennis Elbow* Pada Komunitas *Tennis*

Pendahuluan: *Tennis elbow (lateral epicondylitis)* merupakan cedera akibat gerakan berulang, terutama pukulan *backhand* dalam olahraga *tennis*, yang ditandai dengan nyeri pada *epicondylus lateralis humeri*. Kondisi ini paling sering mengenai tendon *extensor carpi radialis brevis* dan termasuk penyebab utama nyeri siku dengan angka kejadian tinggi. Nyeri yang timbul dapat menurunkan kemampuan fungsional, membatasi aktivitas olahraga maupun aktivitas sehari-hari. Fisioterapi berperan penting dalam penanganan kasus ini, salah satunya melalui intervensi *transverse friction* untuk mengurangi perlengketan jaringan dan *hold relax* untuk meningkatkan fleksibilitas otot serta menurunkan nyeri.

Metode: Penelitian ini menggunakan desain *quasi-eksperimental* dengan rancangan *one group pretest-posttest design*. Sampel berjumlah 30 responden komunitas tennis di lapangan tennis kota Pekalongan, dipilih dengan metode *purposive sampling*. Intervensi *transverse friction* dan *hold relax* dilakukan 2 kali seminggu selama 3 minggu (9–25 Juli 2025). Pengukuran nyeri menggunakan *Numeric Rating Scale (NRS)*. Uji Normalitas data pada penelitian ini menggunakan uji *Shapiro-Wilk* dan uji pengaruh menggunakan uji *simple paired t-test*.

Hasil: Rata-rata nilai nyeri *tennis elbow type II* sebelum dilakukan intervensi 3,74 sedangkan nilai nyeri *tennis elbow type II* setelah dilakukan intervensi 2,83. Hasil analisis uji *simple paired t-test* didapatkan nilai *p value (sig.(2-tailed))* adalah ($0,000 < 0,05$), yang berarti terdapat pengaruh pemberian *Transverse Friction* dan *Hold Relax* Terhadap Penurunan Nyeri *Tennis Elbow* Pada Komunitas *Tennis*.

Diskusi: Pemberian *transverse friction* dan *hold relax* terbukti efektif menurunkan nyeri pada kasus *tennis elbow type II* di komunitas *tennis*.

Kata Kunci : *Tennis Elbow*, Nyeri, *Transverse Friction* dan *Hold Relax*

Daftar Pustaka : 50 (2015-2024)

ABSTRACT

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The Effect of Transverse Friction and Hold Relax Techniques on Pain Reduction in Tennis Elbow Among Tennis Community Members

Introduction: Tennis elbow (lateral epicondylitis) is an injury caused by repetitive motion, particularly the backhand stroke in tennis, characterized by pain in the lateral epicondyle of the humerus. This condition most commonly affects the extensor carpi radialis brevis tendon and is a leading cause of elbow pain with a high incidence rate. The resulting pain can impair functional ability and limit both sports participation and daily activities. Physiotherapy plays a crucial role in managing this condition, including interventions such as transverse friction to reduce tissue adhesion and the hold-relax technique to improve muscle flexibility and decrease pain.

Method: This study used a quasi-experimental design with a one-group pretest-posttest approach. A total of 30 respondents from the tennis community at the Pekalongan city tennis court were selected through purposive sampling. The interventions-transverse friction and hold-relax were administered twice a week for three weeks (July 9-25, 2025). Pain levels were measured using the Numeric Rating Scale (NRS). The Shapiro-Wilk test was used for normality testing, and a paired t-test was conducted to assess the effect of the intervention.

Results: The average pain score for type II tennis elbow before the intervention was 3.74, while the score after the intervention was 2.83. The results of the simple paired t-test showed a p-value of 0.000 (sig. (2-tailed)), which is less than 0.05, indicating a significant effect of the transverse friction and hold-relax techniques on reducing tennis elbow pain in the tennis community.

Discussion: The application of transverse friction and hold-relax techniques proved to be effective in reducing pain in type II tennis elbow cases among members of the tennis community.

Keywords : Tennis Elbow, Pain, Transverse Friction, Hold Relax

References : 50 (2015-2024)