

PEMBERIAN *PROPRIOCEPTIVE NEUROMUSCULAR FACILITATION (PNF)* DAN *BALANCE TRAINING* UNTUK MENINGKATKAN *STRENGTH TIBIALIS MUSCLE* PADA CEDERA *SPRAIN ANKLE* BERULANG

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Abstrak

Sprain ankle adalah cedera pada bagian ligamen kompleks lateral karena overstretch yang dapat mengganggu kinerja aktivitas fungsional, olahraga serta dapat menyebabkan terjadinya cedera sprain ankle berulang. Sprain ankle berulang kemungkinan berasal dari hilangnya input proprioseptif yang signifikan dari sensororeseptor. Tujuan dari studi ini untuk mengetahui Pemberian proprioceptive neuromuscular facilitation (PNF) dan balance training pada cedera berulang setelah sprain ankle pada strength tibialis muscle. Studi kasus ini dilakukan di Excellent Fisioterapi (Gerai Sehat Tangerang) dengan parameter yang digunakan untuk mengukur strength tibialis muscle adalah Electromyograph (EMG). Desain studi kasus dengan sampel 1 orang. Dengan intervensi Proprioceptive Neuromuscular Facilitation (PNF) dan Balance Training diberikan selama 9 kali, dengan frekuensi 3 kali seminggu, dengan intensitas 1RM 60-70%, 5-15 kali repetisi, dan 3-5 set selama masing-masing 8 menit setiap latihan. Berdasarkan hasil evaluasi didapatkan peningkatan kekuatan otot tibialis.

Kata kunci: Sprain Ankle, Proprioceptive Neuromuscular Facilitation (PNF), Balance Training Tibialis Muscle

PROPRIOCEPTIVE NEUROMUSCULAR FACILITATION (PNF) AND BALANCE TRAINING IN RECURRENT INJURIES AFTER ANKLE SPRAIN ON STRENGTH TIBIALIS MUSCLE

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Abstract

Sprain ankle is injury in the lateral complex ligament because it overstretch which interferes with the performance of functional activity, exercise, and can cause recurrent sprain ankle injury. Repeated injury and instability released from the input of a significant proprioceptive input from the sensororeceptors. The motive of this case study was to decide proprioceptive neuromuscular facilitation (PNF) and balance training in recurrent injuries after ankle sprains in tibialis muscle strength. This case study held in Excellent Fisioterapi (Gerai Sehat Tangerang) with the parameter used to measure the strength of tibial muscle is Electromyograph (EMG). Case study design with a sample of 1 person. With intervention proprioceptive neuromuscular facilitation (PNF) and Balance Training given 9 period, 3 times a week, with an intensity of 1RM 60-70%, 5-15 times repetition, and 3-5 sets every 8 minutes each exercise. Based on the results of the evaluation obtained an increase in tibial muscle strength.

Keywords: Sprain Ankle, Proprioceptive Neuromuscular Facilitation (PNF), Balance Training, Tibialis Muscles