

PEMBERIAN *ELASTIC RESISTANCE BAND EXERCISE* DAN *MASSAGE FRICTION* UNTUK MENINGKATKAN *RANGE OF MOTION* PADA PENDERITA *SPRAIN ANKLE*

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Abstrak

Sprain ankle merupakan cedera yang mengenai *ligament* yang mengelilingi atau menopong sendi. Kondisi ini sering terjadi akibat *overstretch* pada saat melakukan aktivitas seperti olahraga terutama dikarenakan kaki mendarat di permukaan yang tidak rata. Setengah dari semua factor terjadinya *sprain ankle* (49,3%) terjadi selama kegiatan atletik, dengan soccer (7,9%), sepak bola (9,3%), dan basket (41,1%) termasuk persentase tertinggi penyebab terjadinya *sprain ankle*. Tujuan dari penulisan Karya Tulis Ilmiah Akhir ini untuk mengetahui hasil pemberian intervensi *Elastic Resistance Band Exercise* dan *Massage Friction* untuk meningkatkan *Range of Motion* pada penderita *Sprain Ankle*. Metode study kasus ini menggunakan metode pre dan post pada pasien *sprain ankle* sesuai dengan kriteria inklusi dan eksklusi, pengambilan data dilakukan di Klinik Fisioterapi UPN “Veteran” Jakarta selama dua minggu. Pemberian *Elastic Resistance Band Exercise* dan *Massage Friction* merupakan salah satu metode yang digunakan untuk meningkatkan *Range of Motion* pada penderita *sprain ankle* dengan dilakukan penanganan sebaik mungkin dan sesuai dosis yang diberikan. Hasil pengukuran *Range of Motion* mengalami peningkatan rata – rata sebesar 85,42%.

Kata Kunci : *Sprain Ankle, Range of Motion, Elastic Resistance, Massage Friction*

ELASTIC RESISTANCE BAND EXERCISE AND FRICTION MASSAGE IN IMPROVING RANGE OF MOTION ON SPRAINED ANKLE PATIENT

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Abstract

A sprained ankle is an injury to the ligament that surrounds and shores up the joint. The injury often happens when doing overstretch activity in sport, especially because of wrong technique on foot strike landing. Factors which cause sprained ankle is about 49,3% happened in athletic activities such as soccer game as big as 7,9%, football game as big as 9,3% and basketball game as big as 41,1% which has the highest percentage. The purpose of this study is to know the effect of giving intervention of elastic resistance band exercise and friction massage in improving range of motion on sprained ankle patient. The method of this study used pre- and post-test design toward sprained ankle patient with inclusion and exclusion criteria. The data were obtained at The Physiotherapy Clinic UPN "Veteran" Jakarta for two weeks. Distributing elastic resistance band exercise and friction massage is one of method to improve range of motion on sprained ankle patient which has done with well handling and proper dose. The measuring range of motion has been increased by an average value of 85,42%.

Keywords : Sprained Ankle, Range of Motion, Elastic Resistance, Friction Massage.