

# **PEMBERIAN INTERVENSI *ULTRASOUND*, DAN *CLOSED KINETIC CHAIN EXERCISE* UNTUK MENINGKATKAN *ACTIVITIES OF DAILY LIVING* PADA PENDERITA *OSTEOARTHRITIS* LUTUT**

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## **Abstrak**

*Osteoarthritis* lutut adalah penyakit degeneratif yang menyebabkan nyeri lutut, kekakuan sendi, defisit proprioception, penurunan kekuatan otot dan gangguan koordinasi. Faktor yang memicu resiko terjadinya *Osteoarthritis* diantaranya umur, jenis kelamin, aktivitas fisik, obesitas, penyakit metabolik dan genetik. Tujuan dari penulisan Karya Tulis Ilmiah Akhir adalah untuk mengetahui hasil dari pemberian *Ultrasound*, dan *Closed Kinetic Chain Exercise* dapat meningkatkan *Activities Daily of Living* pada penderita *osteoarthritis* lutut. Desain Studi Karya Tulis Ilmiah Akhir ini adalah *pre post case study design*, waktu pengambilan data dilaksanakan dari 23 Mei - 26 Juli yang dilaksanakan di Rumah Sakit RSPAD Gatot Soebroto Jakarta Pusat. Parameter yang digunakan untuk mengukur aktivitas fungsional adalah *WOMAC (Western Ontario McMaster American College)*. Intervensi diberikan sebanyak 12 kali selama 4 minggu. Berdasarkan hasil evaluasi didapatkan penurunan intensitas sebelum 60 dan sesudah 37 . Kesimpulan pemberian *Ultrasound* dan *Closed Kinetic Chain Exercise* dapat meningkatkan *Activities Daily of Living* pada penderita *Osteoarthritis* lutut.

**Kata Kunci :** *Activities Daily of Living, Closed Kinetic Chain Exercise, Osteoarthritis, Ultrasound.*

# **THE INTERVENTION OF ULTRASOUND, AND CLOSED KINETIC CHAIN EXERCISE TO INCREASE ACTIVITIES DAILY OF LIVING IN PATIENTS KNEE OSTEOARTHRITIS**

**Harliana Hadi Putri**

## **Abstract**

Osteoarthritis the knee is the disease degenerative causing pain the knee, stiffness of joints, the deficit proprioception, in a reduction of strength muscle and disorders coordination. Factors that sparked the risk of osteoarthritis of them age, sex, physical activity, obesity, metabolic disease and genes. The purpose of writing a piece of writing scientific the end was to known the result from granting *Ultrasound*, and *Closed Kinetic Chain* exercise can increase *Activities the Daily of Living* in people with osteoarthritis the knee. Design study of writing scientific the end of this is pre post case study design, time the data carried out of 23 May - 28 July carried out in the Hospital RSPAD Gatot Soebroto in Central Jakarta. Parameter used to measure activity functional is *WOMAC (Western Ontario McMaster American Colleges)*. Intervention given as many as 12 times during four. After the evaluation results obtained decrease in the intensity of before 60 and after 37.

**Keywords:** *Activities Daily of Living, Closed Kinetic Chain Exercise, Osteoarthritis, Ultrasound.*