

**LITERATURE REVIEW: EFEK DARI PEMBERIAN
PROPIOCEPTIVE TRAINING DAN STRENGTHENING
EXERCISE DALAM MENINGKATKAN ROM PADA PASIEN
SPRAIN ANKLE**

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Abstrak

Pendahuluan: Meningkatkan *Range Of Motion* pada *Sprain Ankle* dipengaruhi oleh banyaknya aktivitas terutama pada yang rata-rata usia 18-40 tahun dengan kategori orang dewasa. **Tujuan:** Penelitian ini bertujuan untuk menelaah literature, jurnal, artikel ataupun hasil penelitian dengan topic Efek Dari Pemberian *Proprioceptive Training And Strengthening Exercises* Dalam meningkatkan *Range Of Motion* pada Pasien *Sprain Ankle*. **Metode:** Pencarian sumber literature, jurnal, artikel, hasil penelitian di beberapa database seperti Google Scholar, Elsevier, PEDro, PubMed dengan menggunakan beberapa kata kunci tertentu dalam periode tahun 2015-2020. Dari hasil penelusuran literature didapatkan 5 artikel yang memenuhi kriteria inklusi sumber. Penilaian kualitas metodologi dari 5 artikel dinilai dengan Scimago Journal & Country Rank (SJR). **Hasil:** Setelah dilakukan telaah literature sebanyak 5 artikel menunjukkan bahwa *proprioceptive training and strengthening exercises* efektif untuk meningkatkan *range of motion* pada ankle. **Kesimpulan:** *Proprioceptive training and Strengthening exercise* dapat meningkatkan *range of motion* pada pasien sprain ankle secara signifikan.

Kata Kunci : Fungsi Gerak Sendi, Kekuatan Otot, Lingkup Gerak Sendi, Syaraf Otot

LITERATURE REVIEW: EFFECTS OF PROPIOCEPTIVE TRAINING AND STRENGTHENING EXERCISE IN IMPROVING RANGE OF MOTION IN ANKLE SPRAIN PATIENTS

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Abstract

Introduction: Increase the Range of Motion in Sprain Ankle is influenced by the number of activities, especially in the average age of 18-40 years with the adult category. **Objective:** This study aims to examine the literature, journals, articles or research results with the topic of the Effects of Giving Proprioceptive Training and Strengthening Exercises in increasing the Range of Motion in Sprain Ankle Patients. **Method:** Search for sources of literature, journals, articles, research results in several databases such as Google Scholar, Elsevier, PEDro, PubMed by using certain keywords in the period 2015-2020. From the literature search results, it was found 5 articles met the source inclusion criteria. The methodological quality assessment of 5 articles was assessed using the Scimago Journal & Country Rank (SJR). **Results:** After a literature review of 5 articles showed that proprioceptive training and strengthening exercises were effective in increasing the range of motion in the ankle. **Conclusion:** Proprioceptive training and Strengthening exercise can significantly increase the range of motion in sprain ankle patients.

Keywords: Joint Motion Function, Muscle Strength, Range Of Motion, Muscle Nerves