

**PENGARUH LATIHAN PENGUATAN OTOT KUADRISEP
TERHADAP PENURUNAN RASA NYERI PADA PENDERITA
OSTEOARTHRITIS LUTUT: TINJAUAN PUSTAKA
SISTEMATIS DAN META ANALISIS**

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Abstrak

Osteoarthritis lutut adalah penyakit degeneratif sendi akibat kerusakan tulang rawan. Gejala utama yang kerap dikeluhkan oleh penderita osteoarthritis lutut ialah nyeri lutut. Terapi penguatan otot dapat meredakan atau meminimalisir keluhan tersebut. Saat ini penelitian mengenai latihan penguatan otot telah banyak diteliti sehingga pembahasan yang komprehensif berdasarkan penelitian terdahulu sangat penting dilakukan untuk menambah referensi terkait latihan penguatan otot dalam terapi osteoarthritis lutut. Metode penelitian ini menggunakan tinjauan pustaka sistematis yakni metode untuk mengumpulkan literatur melalui *PubMed* dan *Google Scholar* kemudian dilakukan penilaian kelayakan suatu jurnal untuk menjawab pertanyaan penelitian yang menjadi fokus peneliti. Literatur yang berdasarkan uji klinis pada penderita osteoarthritis lutut menggunakan desain penelitian eksperimental dan observasional. Berdasarkan analisis dari 7 penelitian latihan penguatan otot kuadrisep pada penderita osteoarthritis lutut menunjukkan perbaikan yang signifikan dan lebih tinggi daripada responden yang menggunakan terapi standar seperti minum obat-obatan dan fisioterapi. Terapi tambahan seperti latihan penguatan otot kuadrisep dapat menjadi pilihan alternatif pertama dalam program terapi osteoarthritis.

Kata kunci: osteoarthritis lutut, nyeri lutut, latihan penguatan otot kuadrisep.

**THE EFFECT OF QUADRICEP STRENGTHENING
EXERCISES ON THE REDUCTION OF PAIN IN PATIENTS
WITH KNEE OSTEOARTHRITIS: A SYSTEMATIC
LITERATURE REVIEW AND META ANALYSIS**

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Abstract

Knee osteoarthritis is a degenerative disease of the joints due to damaged cartilage. The main symptom that people with knee osteoarthritis often complain about is knee pain. Muscle therapy can relieve or minimize that symptom. Currently, research on muscle strengthening exercises has been widely researched, with that being said comprehensive discussion based on previous research is very important to add to references related to muscle strengthening exercises in the therapy of knee osteoarthritis. This research method uses a systematic literature review, in other words, a method of collecting literature through PubMed and Google Scholar, then an assessment of the eligibility of the journal to answer research questions that are the focus of the researcher. The literature is based on clinical trials in patients with knee osteoarthritis using experimental and observational research designs. Based on the analysis of 7 studies of quadriceps muscle strengthening exercises in patients with knee osteoarthritis, they showed significant and higher improvements than respondents who used standard therapy such as taking drugs and physiotherapy. Additional therapies such as quadriceps strengthening exercises can be the first alternative option in a osteoarthritis therapy program.

Keyword: knee oasteoarthritis, articular pain, quadriceps strengthening exercises.