

EFEKTIVITAS *SELF-STRETCHING USING A STRAP* DAN *SELF-MOBILIZATION WITH MOVEMENT* TERHADAP PENINGKATAN *RANGE OF MOTION (ROM)* PASCA CEDERA ANKLE

SKRIPSI

diajukan untuk memenuhi sebagian syarat untuk memperoleh gelar
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ABSTRAK

Penelitian ini dilakukan untuk mengetahui efektivitas *Self-Stretching using a Strap* (SSS) dan *Self-Mobilization with Movement* (SMM) terhadap peningkatan *Range of Motion (ROM)* pasca cedera ankle. Metode yang digunakan pada penelitian ini adalah metode eksperimental dengan model *two-group pretest- posttest design*. Populasi dalam penelitian ini adalah atlet sepakbola putri Akademi Mojang Bandung yang berjumlah 25 atlet. Teknik pengambilan sampel menggunakan teknik *purposive sampling*, didapatkan 10 sampel yang memenuhi kriteria yang sesuai. Prosedur penelitian dilakukan dengan memberikan treatment program latihan *Self-Stretching using a Strap* (SSS) pada kelompok 1 dan *Self-Mobilization with Movement* (SMM) pada kelompok 2. Instrumen tes yang digunakan untuk mengukur *Range of Motion (ROM)* ankle adalah gonimeter. *Pretest* dilakukan untuk mengetahui tes awal dari nilai *Range of Motion (ROM)* ankle, kemudian sampel diberikan perlakuan sebanyak 16 sesi, setelah selesai diberikan perlakuan, dilakukan *posttest* untuk mengetahui hasil akhir setelah diberikan perlakuan. Hasil penelitian menunjukkan bahwa *self-stretching using a strap* (SSS) dan *Self-Mobilization with Movement* (SMM) sama sama meningkatkan ROM pasca cedera ankle, namun *self-stretching using a strap* (SSS) lebih baik dalam meningkatkan ROM pasca cedera ankle.

Kata kunci : cedera ankle, pencegahan cedera, rehabilitasi, *range of motion*, *self-stretching using a strap*, *self-mobilization with movement*

THE EFFECTIVENESS OF SELF-STRETCHING USING A STRAP AND SELF-MOBILIZATION WITH MOVEMENT ON INCREASING RANGE OF MOTION (ROM) AFTER ANKLE INJURY

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ABSTRACT

This research was conducted to determine the effectiveness of Self-Stretching using Strap (SSS) and Self-Mobilization with Movement (SMM) on increasing Range of Motion (ROM) after ankle injury. The method used in this research is an experimental method with a two-group pretest-posttest design model. The population in this study were female soccer athletes from the Mojang Bandung Academy, totaling 25 athletes. The sampling technique used purposive sampling technique, obtained 10 samples that met the appropriate criteria. The research procedure was carried out by giving treatment to the Self-Stretching using a Strap (SSS) exercise program in group 1 and Self-Mobilization with Movement (SMM) in group 2. The test instrument used to measure Range of Motion (ROM) of the ankle is a goniometer. Pretest was conducted to determine the initial test of Range of Motion (ROM) value of the ankle, then the sample was given treatment for 16 sessions, after completion of the treatment, a posttest was conducted to determine the final results after treatment. The results showed that self-stretching using a rope (SSS) and Self-Mobilization with Movement (SMM) both increased ROM after ankle injury, but self-stretching using a rope (SSS) was better in increasing ROM after ankle injury.

Keywords: ankle injury, injury prevention, rehabilitation, range of motion, self-stretching using a strap, self-mobilization with movement

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