

***THE EFFECT OF A COMBINATION OF THERAPEUTIC
MANIPULATION AND KINESIO TAPING ON KNEE PAIN IN
THE ELDERLY***

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ABSTRACT

Background: Knee pain is a degenerative joint disease and a sign of increasing age in the elderly. According to the World Health Organization (WHO), the prevalence of knee pain in those aged over 60 years is distributed globally, with women experiencing an incidence rate of 18.0% and men experiencing a percentage of 9.6%. Therapeutic Manipulation and Kinesio Taping can reduce knee pain in the elderly. ***Purpose:*** to determine the effect of the combination of Manipulation Therapy and Kinesio Taping on knee pain in the elderly. ***Methods:*** This study used Quasi Experimental with one group pre and post test design with a total sample of 30 subjects. This research instrument uses a questionnaire, measuring pain with VAS. Intervention Manipulation therapy and Kinesio Taping was applied twice a week for 3 weeks. Data analysis used the Wilcoxon effect test. ***Results:*** The results of this study indicate that there is an effect of therapeutic manipulation and kinesio taping on knee pain in the elderly between before and after intervention. The VAS value obtained ($p = 0.013$) in the elderly at the Bagas Waras Banyurip Posyandu between before and after the intervention. ***Conclusion:*** There is an effect of a combination of manipulation therapy and kinesio taping on knee pain in the elderly.

Keywords : Therapeutic Manipulation, Kinesio Taping, Knee Pain