

ABSTRACT

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<i>EFFECT OF GRANTING ACTIVE ISOLATED STRETCHING ON IMPROVING FLEXIBILITY MUSCLEHAMSTRING ON FUTSAL PLAYER CLUB PUMA FC IN MOJOTELU VILLAGE ALASTUWO KEBAKKRAMAT</i>	
ABSTRACT	
<p>Background: Lack of warming and excessive work on an athlete can decrease flexibility of muscle hamstring so that required stretching using Active Isolated Stretching. Objective: To determine the effect of Active Isolated Stretching on increased flexibility of muscle hamstring on Futsal Players Club Puma Fc in Mojotelu Alastuwo Kebakkramat Village. Method: This study used quasi experimental pre and post one group design with simple sampling random sampling technique, as many as 17 respondents. Exercise do 3 times a week for 3 weeks measured using Sit and Reach Test. Data analysis using wilcoxon. Results: The results of this study show signification $p = 0,000$ ($p < 0.005$), meaning that there is difference in flexibility of muscles hamstring before and after given Active Isolated Stretching. Conclusion: Active Isolated Stretching has an effect on increasing flexibility of muscle hamstring on Futsal Player Club Puma Fc in Mojotelu Alastuwo Kebakkramat Village.</p>	
<p>Keywords: Hamstring muscle flexibility, Active Isolated Stretching, Sit and reach Test</p>	