

**THE EFFECT OF THE COMBINATION OF MUSCLE ENERGY  
TECHNIQUE (MET) WITH THERABAND EXERCISE ON REDUCING  
OSTEOARTHRITIS KNEE PAIN IN THE ELDERLY**

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**ABSTRACT**

**Background:** Elderly or elderly are people who have reached the age of 60 years and above, elderly people experience decreased immune system so they are susceptible to various degenerative diseases that can cause disability. One of the most common rheumatic diseases experienced by elderly people is osteoarthritis genu or knee pain, because the aging process causes joint weakness, thereby reducing chondrocyte function which results in damage to cartilage. Osteoarthritis knee is a disorder of the knee joint caused by damage to joint cartilage so that new bone is formed on the joint surface. Muscle Energy Technique (MET) and Theraband Exercise interventions have been proven effective in reducing knee osteoarthritis pain and can also increase joint range of motion. **Objective:** To determine the effect of Muscle Energy Technique (MET) and Theraband Exercise on reducing Osteoarthritis Knee pain in the elderly. **Method:** This type of research uses a quasi-experimental research method using a two-group pre-test and post-test design. **Results:** Based on table 4.8, the Mann-Whitney test obtained a significant result of 0.001 ( $p < 0.05$ ) which means there is a significant difference in influence. **Conclusion:** There is a difference in the effect between group 1 which was given the Muscle Energy Technique (MET) and Theraband Exercise intervention and group 2 which was given the Theraband Exercise intervention.

**Keywords:** elderly, Muscle Energy Technique (MET), Theraband Exercise, Visual Analogue Scale (VAS), Pain, Osteoarthritis Knee.