

**DIFFERENCE OF MYOFASCIAL RELEASE (MR)
AND NEURO DEVELOPMENT TREATMENT (NDT)
AGAINST DECREASING SPASTICITY SPASTIC
PALSY CEREBRAL CHILDREN
IN YPAC SURAKARTA**

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ABSTRACT

Background: CP is one of the most common causes of disability in children. Brain damage that causes CP can occur either in the prenatal, perinatal or post natal period. Based on survey data at the YPAC Surakarta Police Physiotherapy 2016-2017 there were 60 children suffering from spastic CP. The therapeutic method that can be done to reduce spasticity in cases of CP is Myofascial Release (MR) and Neuro Development Treatment (NDT). **Objective:** To determine the differences in MR and NDT against a decrease in spastic CP child spasticity. **Research Method:** This type of True Experimental research uses the Two Group Pretest and Posttest Design design by comparing two experimental groups. The number of samples in this study were 28 respondents, which were divided into 2 groups, namely MR and NDT. The measurement of spasticity in this study used an ashworth scale measuring instrument. **Results:** The Wilcoxon test results prove that MR does not affect the decrease in spasticity with a p value of 0.083 ($p > 0.05$), while NDT affects the decrease in spasticity with a p value of 0.025 ($p < 0.05$). The results of the Mann-Whitney test prove that there are differences in the effect of MR and NDT on the decrease in spasticity with a p value of 0.004 ($p < 0.05$). **Conclusion:** There is a significant difference in the effect of MR and NDT on a decrease in spastic CP child spasticity.

Keywords: CP, MR, NDT, Spasticity

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