

**PENGARUH *QUADRICEP SETTING EXERCISE* DENGAN
PENAMBAHAN *KINESIO TAPING* TERHADAP PENURUNAN NYERI
DAN PENINGKATAN MMT PADA *OSTEOATRITIS GENU* LANSIA**

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ABSTRACT

Background: *Conditions due to genu osteoarthritis result in impaired movement and function with the degree of impairment affected by several things, including pain and decreased muscle strength. Quadricep setting exercise with the addition of Kinesio taping can be done to minimize the problems in osteoarthritis. Objective:* *To determine the effect of quadriceps setting exercise with the addition of Kinesio taping on reducing pain and increasing MMT in osteoarthritis of the elderly genu. Method:* *Type of research This type of research is quantitative research, and quasi-experimental. Quasi-Experimental Pre-Post Test With Control Group Design with a sample of 40 subjects divided into 2 groups, namely 20 experimental groups and 20 control groups. The research instrument used a questionnaire, interviews, and measurement of pain with VAS and muscle strength with MMT. The intervention Quadricep setting exercise and Kinesio taping were carried out 3 times a week for 3 weeks. Results:* *The results of this study showed that there was an effect on both groups before and after the intervention, in the experimental group the VAS value ($p = 0.014$) and the MMT value ($p = 0.008$), while in the control group the value of VAS ($p=0.025$) and the value of MMT ($p=0.046$). Conclusion:* *There is an effect on each group and there is a difference in the effect on the experimental group with the control group.*

Keywords: *Osteoarthritis, pain, muscle strength, quadricep setting, and Kinesio taping*