

## ABSTRAK

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### **EFEKTIVITAS PEMBERIAN *ISCHEMIC COMPRESSION* DAN *MUSCLE ENERGY TECHNIQUE* TERHADAP PENURUNAN NYERI *MYOFACIAL PAIN SYNDROME* PADA OTOT *UPPER TRAPEZIUS***

## ABSTRAK

**Latar belakang :** Kurangnya perhatian masyarakat dalam menanggapi kondisi *myofascial pain syndrome* otot *upper trapezius* dapat mengakibatkan keadaan otot *upper trapezius* akan semakin mengalami ketegangan atau pemendekan dan pada akhirnya akan menimbulkan nyeri. Modalitas fisioterapi yang dapat digunakan berupa *Ischemic Compression* dan *Muscle Energy Technique*. **Tujuan :** untuk mengetahui efektivitas antara pemberian *Ischemic Compression* dengan *Muscle Energy Technique* terhadap penurunan nyeri akibat *myofascial pain syndrome* pada otot *upper trapezius*. **Metode Penelitian :** Penelitian ini menggunakan *true eksperimental* dengan *pre and post test group design*. Populasi dalam penelitian ini adalah penjahit di PT Andalan Mandiri Busana, dengan responden sebanyak 37 orang dibagi menjadi 2 kelompok, kelompok I terdiri dari 18 orang dengan diberikan perlakuan *Ischemic Compression* dan kelompok II terdiri dari 19 orang dengan diberikan perlakuan *Muscle Energy Technique* selama 1 minggu berturut-turut. Pengukuran nilai nyeri tekan menggunakan VAS. **Hasil :** Hasil penelitian uji *Paired Sample T-test* pada kelompok I  $p=0,000$  dan kelompok II  $p=0,003$  ( $p<0,05$ ). Hasil uji *Independent Sample T-test* pada kedua kelompok sesudah perlakuan menunjukkan hasil  $p=0,000$  ( $p<0,05$ ). **Kesimpulan :** *Muscle Energy Technique* lebih efektif dibandingkan *Ischemic Compression* dalam menurunkan nyeri akibat *myofascial pain syndrome* pada otot *upper trapezius*.

**Kata kunci :** *Myofacial pain syndrome* otot *upper trapezius*, *Ischemic Compression*, *Muscle Energy Technique*.

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### ***THE EFFECTIVENESS OF THE GRANT OF ISCHEMIC COMPRESSION AND MUSCLE ENERGY TECHNIQUE MYOFACIAL PAIN DECREASE AGAINST PAIN SYNDROME IN THE UPPER TRAPEZIUS MUSCLE***

## ABSTRACT

**Back ground :** *The lack of attention of the public in response to the condition of myofascial pain syndrome muscle upper trapezius can result in the state of the muscles of the upper trapezius will increasingly experience a tension or shortening and will eventually cause pain. Modalities that can be used physiotherapy in the form of Ischemic Compression and Muscle Energy Technique.* **Purpose :** *To know the effectiveness between giving of Ischemic Compression with Muscle Energy Technique against a decrease in pain due to the myofascial pain syndrome in the upper trapezius muscle.* **Methods :** *This research uses true eksprimental with pre and post test group design. The population in this study is a tailor at PT Andalan Mandiri Busana, with respondents a total of 37 people were divided into 2 groups, group I consisted of 18 people with the given treatment Ischemic Compression, and group II consisted of 19 people with the given treatment Muscle Energy Technique for 1 week in a row. The measurement value of pain hit using a VAS.* **Result :** *The research result Paired Sample T-test in group I,  $p = 0.000$  and  $p = 0.003$  group II ( $p < 0.05$ . Independent test results Sample T-test in both groups after treatment shows the results of  $p = 0.000$  ( $p < 0.05$ ).* **Conclusion :** *Muscle Energy Technique is more effective than Ischemic Compression to the reduction of pain due to myofascial pain syndrome in the upper trapezius muscle.*

**Keyword :** *Myofacial pain syndrome in the upper trapezius muscle, Ischemic Compression, Muscle Energy Technique*