

DIFFERENCES IN THE EFFECTS OF STRENGTHENING ON BOSU AND ACTIVITY-BASED EXERCISES ON REDUCING PAIN DUE TO HALLUX VALGUS IN FEMALE WORKERS IN JIRAPAN VILLAGE

Agesti Setiya Pratiwi, Alinda Nur Ramadhani

agestisetiya10@gmail.com

Universitas 'Aisyiyah Surakarta

ABSTRACT

Background: *Hallux valgus is a disorder of the first toe characterized by a valgus position in the metatarsophalangeal joint. This deformity causes the toe to bend outward at a certain angle compared to the other toes.* **Objective:** *To determine the difference in the effect of Strengthening On Bosu and Activity-Based Exercises on reducing pain due to hallux valgus in female workers in Bulakrejo village.* **Method:** *The type of research used in this thesis is a Quasi-experimental two-group test design with a pre-test and post-test. With a sample size of 50 subjects. The research instrument used a questionnaire, pain measurement with a Visual Analog and Numeric Rating Scale. Strengthening On Bosu and Activity-Based Exercises interventions were carried out 3 times a week for 4 weeks. Data analysis used the Wilcoxon effect test and the Mann-Whitney effect difference test.* **Results:** *The results of this study showed an effect in both groups before and after the intervention. The Strengthening on Bosu group had a VANRS score ($p < 0.001$), while the Activity-Based Exercises group had a VANRS score ($p < 0.001$). There was a difference in the effect between the two groups after the intervention in terms of VANRS scores ($p = 0.014$).* **Conclusion:** *There was an effect in each group and a difference in the effect between the two.*

Keywords: *Strengthening on Bosu, Activity-Based Exercises, Hallux Valgus Pain*