

# **PENGARUH TERAPI MASASE CEDERA OLAHRAGA DAN TERAPI LATIHAN TERHADAP PEMULIHAN CEDERA PERGELANGAN TANGAN DAN SIKU PADA OLAHRAGAWAN**

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## **ABSTRACT**

This study aims to evaluate the influence of combining sports injury massage therapy and exercise therapy on the recovery of wrist and elbow injuries in athletes. The study utilizes an experimental design with a Randomized Controlled Trial (RCT) methodology. Participants in this research consist of students engaged in various Student Activity Units (UKM) related to sports such as badminton, table tennis, hockey, and gateball. The study took place at the Faculty of Sports Science and Health, Universitas Negeri Yogyakarta in August 2023, spanning one day. Data collection instruments include the Visual Analog Scale (VAS) to measure pain levels and a Goniometer to assess the Range of Motion (ROM) in wrist and elbow movements. Data analysis was conducted using the Independent t-test. The results reveal that combining sports injury massage therapy with exercise therapy has a more positive impact on reducing pain in wrist and elbow injuries compared to solely performing sports injury massage therapy. Additionally, this combination significantly contributes to increased ROM in wrist and elbow movements. In conclusion, the integration of sports injury massage therapy and exercise therapy yields more favorable effects on the recovery of wrist and elbow injuries in athletes compared to exclusive reliance on sports injury massage therapy. These findings offer practical guidance for medical practitioners, trainers, and athletes in designing more effective and targeted recovery approaches for wrist and elbow injuries.

*Kata Kunci: massage therapy, exercise therapy, elbow injury, wrist injury*