

THE EFFECTIVENESS OF MANIPULATION THERAPY IN REDUCE SYMPTOMS OF DOMS (DELAYED ONSET MUSCLE SORENESS)

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ABSTRACT

DOMS (Delayed Onset Muscle Soreness) is the most common musculoskeletal disorder and has a fairly high morbidity. This happens because of a tear in the muscle or adaptation to the human body caused by excessive physical activity. DOMS is discomfort and pain that occurs when a muscle contracts after performing an unusual exercise. The main symptoms of DOMS are pain that occurs after 24 hours of exercise and decreased limb function. Massage effectively relieves DOMS symptoms by about 30%, and can reduce swelling. Massage reduces pain intensity 48 hours after exercise. Many manipulation therapies are recommended to treat DOMS, including Deep Tissue Massage. This study aims to test and determine the effectiveness of Manipulation Therapy (Deep Tissue Massage) in reducing DOMS (Pain and Leg Function) symptoms. This research is a pre-experimental research with one group pretest and posttest design. The population in this study were students who lived in the Special Region of Yogyakarta (DIY). Sampling of 30 people was done by incidental sampling technique. The instrument for measuring pain uses a numeric scale, while the instrument for measuring leg function uses LEFS (Lower Extremity Functional Scale). The results showed that manipulation therapy (Deep Tissue Massage/DTM) could effectively reduce DOMS symptoms, the decrease in symptoms continued to occur on the first day, second day, and third day.

Kata Kunci: *DOMS, Manipulation Therapy, Deep Tissue Massage*