

EFFECTIVENESS OF MASSAGE THERAPY CONTINUED WITH TRAINING THERAPY FOR THE HEALING OF CHRONIC HIP INJURIES

by Dr.dr.BM.Wara Kushartanti, MS

ABSTRACT

Pelvic injury is the most common musculoskeletal disorder and has a high morbidity. Previous studies have shown that massage therapy and exercise therapy play a role in the management of pelvic injuries in the chronic phase. Massage therapy can reduce pain and improve range of movement (ROM), while exercise therapy can restore and improve pelvic function after injury. So far, many types of exercise therapy have been used after treatment with massage therapy, including Yoga exercises, theraband exercises, proprioceptive neuromuscular facilitation (PNF) exercises and core stability exercise (CSE). This study aims to test and compare the effectiveness of various types of post massage therapy exercises in improving pain.

This research is a pre-experimental study with multiple group pretest and posttest design. The sample in this study were 96 people with chronic pelvic injuries (more than three weeks). The exclusion criteria were determined by the use of pain medication in the last week prior to the study, there was bone fracture, and pain due to renal impairment. The instruments used include pain measurement instruments with visual analogue scales and goniometry to measure range of motion, as well as pelvic functional instruments (Harris Hip Score and Oxford Hip Score). Data analysis using Wilcoxon signed rank test and Kruskal Wallis

In general, Massage Therapy followed by Exercise Therapy can reduce the level of pain in patients with pelvic injuries, from 5.3 to 2.5 (52.4%), it can increase Flexion ROM from 91.0 to 104.5 (16.8%), ROM Extension from 33.7 to 43.7 (37.3%), ROM Adduction from 37.5 to 47.5 (33.9%), ROM Abduction from 55.3 to 67.3 (24%), Internal Rotation ROM from 34.9 to 44.6 (30.7%), and External Rotation ROM from 36.9 to 43.6 (21.7%). Pelvic function after treatment increased from 86.7 to 93.7 (8.9%). Thus it can be concluded that massage therapy followed by exercise therapy can reduce pain very effectively, increase ROM effectively, and improve pelvic function quite effectively. For pain reduction, the CSE group achieved the highest percentage (92.3%), then respectively followed by the Theraband, Massage, PNF, and Yoga groups (58.3%). For Flexion ROM, the Theraband group experienced the highest increase (29.1%), while PNF experienced the highest increase for both Extension (91.7%), Adduction (76.4%), Abduction (67.8%), Internal Rotation (67.9%), and External Rotation (82.4%).

Kata Kunci: *pelvic injury, massage therapy, exercise therapy*