

THE EFFECTIVENESS OF KINESIO TAPING AND LEUKOPLAST TAPING ON RECOVERY OF SHOULDER AND ELBOW INJURIES AFTER DONE THERAPY MASAGE FRIRAGE PATIENT PTC FIK UNY

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ABSTRACT

Shoulder injuries can be experienced by anyone, both sports and non-sportsmen. Data obtained from research at the Physical Therapy Clinic of FIK UNY shows the increasing number of patients Injury is bothersome, both physical and physical. Obtained treatment or action in helping the recovery process, so that recovery is dialy not interfere with daily activities. Massage is an alternative way that can be done in the process of recovery after damage, in addition to the combination of recording on joints that repair injuries can also help the recovery process.

The purpose of this study is to analyze the differences in the effectiveness of the results of the implementation of kinesio taping and leoploplast taping on the recovery of post shoulder and elbow injuries in FIK UNY Clinical Physical Therapy patients The research method uses Quasi experimental research, with pretest and posttest designs. Samples taken from the patient population who seek treatment for physical therapy at the UNY FIK Therapy Clinic, in May-July, in 2016 consumed 120 patients. The sampling technique uses purposive sampling and a sample of 30 patients is obtained.

The results showed an increase in the group of kinesio taping practitioners related to the increase in postpaid recovery. In the aid group.

The conclusion of the study, leukoplast administration is faster to improve the process of post shoulder rehabilitation repair in patients in Physical Therapy Clinic of FIK UNY

Kata Kunci: *Injury, Shoulder, Elbows, Kinesio Taping, Leukoplast Taping, Friase Massage*