DEVELOPMENT OF SHOULDER INJURY MANURAK THERAPY TRAINING MEDIA AND AUGTMANTED REALITY BASED KNEE

by Wara Kushartanti dkk

ABSTRACT

Shoulder and knee injuries are common in athletes. As biopsychosocial creatures, humans carry out activities based on their individual needs. Vigorous activity in a static state, or repeated mobilization of the shoulder joint, can also be in the form of frequently carrying heavy loads on the shoulder which can trigger shoulder and knee injuries resulting in pain and limited ability to move.

 Purpose: The purpose of this study is to develop training media for shoulder and knee injuries based on augmented reality. Method: This research is a research and development (Research and Development). This research and development uses the ADDIE model (Analysis: Design-Develop-Implement-Evaluate). Because this model is structured programmatically with systematic sequences in an effort to solve problems according to the needs and characteristics of the development of a training media model for shoulder and knee injury therapy based on Aughmented Reality.

Target output: training media products for new injuries and knee injuries based on Aughmented reality, publication of articles with accepted status in Scopus accredited international journals.

Kata Kunci: *Manurac therapy training media, Augmented Reality, shoulder and knee injuries.*