

The Development of Topurak Massage Manipulation for Repositioning Upper Extremity Injury

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ABSTRACT

The cases of shoulder subluxation, both the non-athletes and the athletes population need a safe, convenient, and effective treatment. This study aims to test the effectiveness of massage Topurak (trigger point pressure-tapotement-active motion) in restoring shoulder subluxation.

This study is Quasi Experiment, with the design of pre-test post-test design, involving 20 subjects who suffered a subluxation of the shoulder injury. The instrument used was a test ROM shoulder as measured by goniometer and visual analog scale to assess pain before and after treatment. Data were analyzed using descriptive quantitative and Wilcoxon tests with significance level of 5%.

The results showed a significant difference in ROM, both in flexion, extension, adduction or abduction of the shoulder joint before and after treatment ($p < 0.05$). For indicators of pain, it appears that there is a significant decrease in pain between before and after treatment Topurak massage ($p < 0.05$). It can be concluded that massage is effective in repositioning the subluxation of the shoulder injury.

Kata Kunci: Topurak Massage, Repositioning, Shoulder Injury