

THE EFFECT OF SPORTS AND THERAPY INJURY MASSAGE THERAPY EXERCISE AGAINST ROM AND PAIN IN MILD INJURY ANKLE AND KNESS

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ABSTRACT

Injuries can occur in body parts such as bones, muscles, tendons or joints ligament. Injuries that occur will interfere with joint range of motion (ROM) and cause pain. The purpose of the study was to determine the effect of the model therapy for impaired ROM and pain severity. Research methods using quasi-experimental research, with pretest and posttest designs. Samples taken from the population of sports students in Indonesia and Malaysia in 2022, and obtained a sample of 60 people using purposive sampling. The analysis technique in this study uses the test manova. The results of the test data are normally distributed ($\text{sig} > 0.05$) and homogeneous ($\text{sig} > 0.05$) and the multivariate test showed differences in the influence between groups with the value $\text{sig} < 0.05$. Conclusion: the research shows that giving massage therapy, therapy exercise and massage therapy with exercise therapy can increase ROM and reduce the degree of pain in the knee and ankle joints. Combination therapeutic massage with exercise therapy is effective for increasing ROM and reduction in pain.

Kata Kunci: *injury, massage, knee, ankle*