ABSTRAK

Efektivitas *Range Of Motion* (ROM) *Knee Flexion* Terhadap Peningkatan
Kekuatan Otot Ekstremitas Bawah Pada Pasien Post Stroke

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Tingginya angka insiden stroke di Indonesia mendorong perhatian. Baik di negara maju maupun negara berkembang, stroke menduduki peringkat ketiga sebagai penyebab kematian terbanyak setelah penyakit jantung dan kanker. Penelitian ini bertujuan untuk membuktikkan efektif latihan *Range Of Motion* (ROM) *Knee Flexion* terhadap peningkatan kekuatan otot pada pasien post stroke. Metode penelitian melibatkan desain pra-eksperimen dengan pre-test dan post-test. Populasi dalam studi ini adalah seluruh pasien post stroke yang mengalami kelemahan pada salah satu ektremitas bawah di Poli Rehabilitasi Medik RSUD Sumberglagah pada bulan Mei sebanyak 29 responden. Sampel penelitian ini yaitu sebagian pasien post stroke yang mengalami kelemahan pada salah satu ekstremitas bawah dengan teknik Non- Probability Sampling menggunakan Total Sampling. Instrument SOP ROM *Knee Flexion*, observasi lembar kekuatan otot digunakan sebelum dan sesudah melakukan latihan *Range Of Motion* (ROM) *Knee Flexion.* Hasil penelitian ini dapat disimpulkan bahwa latihan *Range Of Motion* (ROM) *Knee Flexion* terbukti efektif dalam peningkatan kekuatan otot sesuai hasil statistika uji Wilcoxon Signed Rank Test dengan nilai *p-value* $0,000 < α$ $0,05$, bahwa adanya perbedaan kekuatan otot pre-test dan post-test latihan *Range Of Motion* (ROM) *Knee Flexion*, semakin sering latihan *Range Of Motion* (ROM) *Knee Flexion* dilakukan maka peningkatan kekuatan otot ekstremitas bawah pasien post stroke semakin baik.

Kata kunci : *Stroke, ROM Knee Flexion, Kekuatan Otot*

ABSTRACT

Effectiveness of Range of Motion (ROM) Knee Flexion on Increasing Lower Extremity Muscle Strength in Post Stroke Patients

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The high incidence of stroke in Indonesia encourages attention. In both developed and developing countries, stroke is ranked third as the leading cause of death after heart disease and cancer. This study aims to prove the effectiveness of Range of Motion (ROM) Knee Flexion training in increasing muscle strength in post-stroke patients. The research method involves a pre-experimental design with a pre-test and post-test. The population in this study were all post-stroke patients who experienced weakness in one of the lower extremities at the Medical Rehabilitation Polyclinic at Sumberglagah Regional Hospital in May, totaling 29 respondents. The sample for this study was a portion of post-stroke patients who experienced weakness in one of the lower extremities using a Non-Probability Sampling technique using Total Sampling. SOP ROM Knee Flexion instrument, observing muscle strength sheets used before and after doing Range of Motion (ROM) Knee Flexion exercises. The results of this study can be concluded that Range of Motion (ROM) Knee Flexion training has proven to be effective in increasing muscle strength according to the statistical results of the Wilcoxon Signed Rank Test with a p-value of $0.000 < \alpha\ 0.05$, that there is a difference in pre-test muscle strength and Post-test Range of Motion (ROM) Knee Flexion exercises, the more often the Range of Motion (ROM) Knee Flexion exercises are carried out, the better the increase in lower extremity muscle strength in post-stroke patients.

KEYWORDS: STROKE, KNEE FLEXION ROM, MUSCLE STRENGTH