

## Pengaruh latihan treadmill dan program overground walking terhadap kecepatan dan kapasitas berjalan pasien strok

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### Abstrak

Tujuan : Mengetahui pengaruh latihan treadmill dan program overground walking terhadap kecepatan dan kapasitas berjalan pasien strok.

Disain : Pra dan pasta perlakuan dengan kelompok kontrol.

Subjek : 23 orang dibagi secara random permutasi blok menjadi dua kelompok, 11 orang kelompok perlakuan dan 12 orang kelompok kontrol.

Tempat : Bagian Ilmu Kedokteran Fisik dan Rehabilitasi Rumah Sakit dr. Hasan Sadikin (RSHS) Bandung

Intervensi : Kelompok perlakuan diberi latihan treadmill dan program overground walking selama 30 menit, 3 kali seminggu selama 4 minggu, kelompok kontrol diberi latihan jalan secepat mereka mampu selama 30 menit, 3 kali seminggu selama 4 minggu.

Parameter : Kecepatan jalan (jarak 10 m) dalam meter/detik, kapasitas jalan (waktu tempuh 6 menit) dalam meter

Hasil : Latihan treadmill dan program overground walking selama 4 minggu secara bernakna meningkatkan kecepatan berjalan ( $p = 0,0227$ ) dan kapasitas berjalan ( $p = 0,0148$ ) dibandingkan kelompok kontrol pada pasien strok di RSHS, Bandung

Kesimpulan : Latihan treadmill dan program overground walking meningkatkan kecepatan dan kapasitas berjalan pasien strok di RSHS, Bandung

Objective : To know the effect of treadmill exercise and overground walking program on velocity and capacity of walking in stroke patients in dr. Hasan Sadikin hospital, Bandung

Design : Pre- and post treatment with a control group.

Subject : A sample of 23 ambulatory individuals after a stroke more than 3 months previously.

Setting : Physical Medicine and Rehabilitation Department, dr. Hasan Sadikin Bandung.

Intervention : The experimental group participated in a 30-minute treadmill and overground walking program, 3 times a week for 4 weeks. The control group was asked to walk at home for at least 30 minutes

as fast as they can, 3 times a week for 4 weeks.

Parameters : Speed velocity (over distance of 10 m), speed capacity (walking time 6 minutes)

Results : The 4-week treadmill and overground walking program significantly increased walking speed ( $p = 0,0227$ ) and walking capacity compared with the control group.

Conclusions : The treadmill and overground walking program is effective in increasing walking speed and walking capacity in stroke patients in RSHS, Bandung.</i>