

## Pengaruh latihan rentang gerak seni bawah secara aktif (active lower range of motion exercise) terhadap tanda penderita ADN tipe II di Persadia unit RSUD Dr. Soetomo Surabaya

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### Abstrak

Penelitian terhadap 56 orang anggota Persadia Unit RSUD Dr. Soetomo Surabaya bertujuan untuk mengetahui pengaruh latihan active lower range of motion terhadap tanda dan gejala neuropati diabetikum pada penderita Diabetes Mellitus tipe II. Penelitian ini menggunakan quasy experimental pre-post test design dengan teknik consecutive sampling.

Hasil penelitian menunjukkan bahwa terdapat perbedaan yang bermakna rerata kekuatan otot antara kedua kelompok ( $p$  value=0,047), namun tidak untuk rerata reflek tendon, sensasi proteksi, ankle brachial index dan proporsi keluhan polineuropati perifer. Simpulan dari penelitian ini adalah latihan active lower range of motion berpengaruh terhadap kekuatan otot pada penderita DM tipe II dengan komplikasi mikrovaskuler.

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The aimed of this study for the 56 members of Persadia Surabaya was to determine the effect of the active lower range of motion exercise on the signs and symptoms of diabetic neuropathy in type II Diabetes Mellitus's patients. A quasy experimental pre-post test design with a consecutive sampling technique was used in this study.

The results showed that there was a significant differences between control and treatment groups for muscle strength with  $p$  value 0.047 but not for tendon reflexes, protective sensation, ankle brachial index and diabetic polyneuropathy complaints. Therefore, it can be concluded that active lower range of motion exercise has an effect on muscle strength in patients with type II DM with microvascular complications.