

# Perbandingan pengaruh latihan di air dibandingkan latihan di darat pada penderita obesitas dengan osteoarthritis lutut dalam penurunan intensitas nyeri dan peningkatan kekuatan otot lutut = Comparison of water versus land based exercise for obese patients with knee osteoarthritis in reducing pain intensity and improving knee muscle strength

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## Abstrak

Latar Belakang : Obesitas diketahui terkait dengan berbagai gangguan kesehatan di antaranya sistem muskuloskeletal, yaitu Osteoarthritis OA lutut yang menyebabkan nyeri sehingga terjadi penurunan aktivitas dan berdampak pada penurunan kekuatan otot lutut yang pada akhirnya menurunkan kapasitas fungsional seseorang. Penatalaksanaan meliputi edukasi dan terapi latihan merupakan hal penting namun terkadang ada kendala untuk melakukan latihan di darat. Penelitian ini bertujuan untuk membandingkan pengaruh latihan di air dan di darat pada penderita obesitas dengan Osteoarthritis OA lutut terhadap penurunan intensitas nyeri dan peningkatan kekuatan otot lutut. Metode : Quasi experimental terhadap subjek obesitas dan OA lutut usia 40 ndash; 80 tahun dengan sedentary lifestyle PAL

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Background: Obesity is well known to be associated with various health problems, some of which includes musculoskeletal system, such as knee osteoarthritis OA that causes pain, and thus resulting in decreased activity. These would cause an impact to decrease the knee muscle strength, which ultimately lowers the functional capacity of an individual. Management that includes education and exercise therapy are deemed to be important, however often there are obstacles in doing exercises on land. This study aims to compare the effects of water versus land based exercise for obese patients with knee osteoarthritis OA to reduce pain intensity and improve knee muscle strength. Methods Quasi experimental on obesity and knee OA subjects, age ranging from 40 80 years with sedentary lifestyle PAL