

# Pengaruh Terapi Latihan Berfokus Skapula pada Pasien dengan Gangguan Rotator Cuff: Sebuah Telaah Sistematis dan Meta-Analisis = Effect of Scapular-Based Therapeutic Exercise for Rotator Cuff Pathology in Adult: A Systematic Review and Meta-Analysis

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## Abstrak

Tesis ini disusun untuk mengetahui manfaat dari penambahan terapi latihan berfokus skapula pada pasien dengan gangguan rotator cuff dengan luaran primer berupa perbaikan keluhan nyeri dan kemampuan fungsional. Penelitian ini adalah penelitian telaah sistematis dan meta-analisis. Studi dijarah dari database MEDLINE, Embase, CENTRAL, dan PEDro disertai pencarian tambahan melalui registry studi klinis dan referensi dari penelitian-penelitian topik serupa. Kriteria eligibilitas penelitian ini meliputi studi uji klinis acak terkendali tanpa batasan waktu publikasi, partisipan dewasa yang memiliki spektrum kelainan rotator cuff, dan membandingkan terapi latihan berfokus skapula dibandingkan terapi konvensional non-bedah lain atau tanpa terapi. Gangguan rotator cuff akibat cedera traumatik akut, sekunder akibat kelainan neurologis dan/atau keganasan, kelainan struktur skeletal pada bahu, serta yang memiliki riwayat tindakan pembedahan pada kompleks bahu dieksklusikan. Dua peneliti secara independen melakukan seleksi studi dan mengevaluasi risiko bias masing-masing studi menggunakan skala PEDro. Total didapatkan delapan studi dengan total 422 partisipan diinklusikan di penelitian ini dengan risiko bias “fair” hingga “good” berdasarkan skala PEDro. Dari meta-analisis didapatkan latihan berfokus skapula memberikan luaran perbaikan nyeri dan kemampuan fungsional yang lebih baik dibandingkan kontrol (MD -0,84  $p < 0,001$  dan SMD -0,58  $p < 0,001$ ) khususnya jika diberikan selama lebih dari delapan minggu. Secara kesimpulan, terapi latihan berfokus skapula memberikan perbaikan terhadap keluhan nyeri dan kemampuan fungsional pasien dengan gangguan rotator cuff.

.....This thesis aims to determine the effect of adding scapular-based therapeutic exercise for patient with rotator cuff pathology with the primary outcome being improvement in pain and functional ability. The research design is systematic review and meta-analysis. Studies were searched from MEDLINE, Embase, CENTRAL and PEDro database in addition to clinical registry search and references searching from affiliated studies. Eligibility criteria of this research include randomized clinical trial with no time restriction, adult participant with rotator cuff pathology and study comparing effect of scapular-based therapeutic exercise versus other non-surgery intervention or no intervention. Rotator cuff pathology due to traumatic injury, neurological and/or malignancy disease, structural abnormalities of shoulder and history of shoulder surgery were excluded. Two reviewers independently select the study and did risk of bias evaluation using PEDro scale. In total, eight studies with 422 participants were included with risk of bias “fair” to “good” based on PEDro scale. From meta-analysis, scapular-based therapeutic exercise resulted in better improvement in pain and functional ability compared to control (MD -0,84  $p < 0,01$  and SMD -0,58  $p < 0,01$ ) especially if given as intervention for at least eight weeks. In conclusion, scapular-based therapeutic exercise is shown to be more effective in improving shoulder pain and functional ability for patient with rotator cuff pathology.