

Pengaruh Latihan Brandt & Daroff pada Keseimbangan Postural Penderita Vertigo Posisi Paroksismal Jinak

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Abstrak

Tujuan : Mengetahui efektifitas terapi latihan Brandt & Daroff pada keseimbangan postural penderita Vertigo Posisi Paroksismal Jinak (VPPJ). Rancangan & Metode : Eksperimental (pre and post treatment) dengan intervensi terapi latihan Brandt & Daroff selama 4 minggu, pada 31 penderita VPPJ yang datang berobat di Poliklinik NO-THT, Syaraf dan Rehabilitasi-Medik RSUPN-CM Jakarta selama kurun waktu April s/d Mei 1999 dan memenuhi kriteria penerimaan. Ukuran Keluaran Utama : • Keluhan VPP J : vertigo, dizziness, mual. • Tanda klinis subyektifVPPJ : Tes Romberg, tes Stepping, tes Hallpike. • Tanda klinis obyektif VPPJ : Tes keseimbangan postural/ posturografi. Basil: Dengan uji McNemar, didapatkan perbaikan yang bennakna pada keluhan dan tanda klinis subyektif penderita VPP J. Dengan uji Wilcoxon, didapatkan perbedaan yang bermakna pada nilai rata-rata gambaran keseimbangan postural penderita VPPJ sebelum dan sesudah latihan. Kesimpulan : Terapi latihan Brandt & Daroff dapat memperbaiki gangguan keseimbangan postural dan mengurangi keluhan serta tanda klinis subyektif penderita Vertigo Posisi Paroksismal Jinak.

.....Objective : To evaluate the effectiveness of Brandt and Darotrs exercise on postural balance in BPPV patients. Design and Method : Experimental (pre and post treatment) with interventional Brandt and DarofT's exercise for 4 weeks in 31 BPPV patients who were coming to ENT, Neurology and Medical Rehabilitation Clinics from April to May 1999, fulfilled the inclusion criteria. The Outcome Measurements : The complaints ofBPPV Subjective clinical signs of BPPV Objective clinical sign of BPPV Results: : Vertigo, dizziness, nausea. : Romberg test, Stepping test, Hallpike test. : Posturography I postural balance test. MacNemar test showed significant improvement in subjective clinical symptoms and signs of BPPV patients. Wilcoxon test indicated significant differences of the mean of postural balance descriptions in BPPV patients before and after training. Conclusions : Brandt and Darotrs exercise could improve postural imbalance and alleviate subjective symptoms and signs of BPPV patients.