



ABSTRAK

Cidera ACL adalah cidera pada lutut yang mengenai tendon *Anterior Cruciate Ligament* (ACL). Pada tahun 2006 – 2007, terdapat 40 pasien mendatangi Sport Clinic Surabaya. Sebagian besar berusia 20 – 25 tahun, sekitar 62% disebabkan oleh kecelakaan lalu lintas dan sisanya adalah cidera olahraga.

PNF merupakan latihan yang memberikan rangsangan – rangsangan melalui propioseptif. Beberapa teknik PNF antara lain *Rhythmical Stabilitation* dan *Hold Rellax* yang berhubungan dengan masalah pada kapasitas fisik yaitu adanya nyeri, penurunan luas gerak sendi, dan penurunan kekuatan otot.

Setelah dilakukan 10 kali terapi didapatkan hasil nyeri berkurang, peningkatan luas gerak sendi, serta peningkatan kekuatan otot.

Kata kunci: cidera ACL, *Rhythmical Stabilitation*, *Hold Rellax*





ABSTRACT

ACL injury is an injury to the knee involving the *Anterior Cruciate Ligament* tendon. In 2006 – 2007 , there were 40 patients went to a Sport Clinic Surabaya. Mostly aged 20 – 25 years, approximately 62% were caused by traffic accidents and the rest is a sport injury.

PNF is an exercise that provides the stimulus through proprioception. Some PNF techniques include *Rhythmical Stabilitation* and *Hold Rellax* related problems on the physical capacity that is the pain, decrease in the extent of motion, and decreased muscle strength.

After 10 times of therapy showed reduced pain, increased extent of motion, as well as increased muscle strength.

Kata kunci: cidera ACL, *Rhythmical Stabilitation*, *Hold Rellax*

