

DEVELOPMENT OF COMBINED MANUAL MASSAGE THERAPY TECHNIQUES FOR HEALING OF HAND AND ARM INJURY

by Sumaryanti, Ermawan Susanto, Firmansyah Putra

ABSTRACT

The development of therapeutic models for healing injuries is always updated continuously, because now there are still many injuries to the hands and arms as a result of sports or from accidents. Research objectives: The research objectives were achievable over two years. In the first year, namely: (1) to develop a combined model of manual massage therapy techniques for healing hand and arm injuries; (2) the second year to test a combined model of manual massage therapy techniques on the healing of arm and hand injuries. Methods: The first year uses a mix of qualitative and quantitative methods with a sequential exploratory strategy. Qualitative data sources from documents, data collection using literature review. Data analysis uses thematic qualitative. Quantitative data sources from the assessment of seven academic and professional experts. Data collection using the Delphi technique. The research instrument used a questionnaire with a Likert scale of 1 to 5. Data analysis used the Aiken formula. The second year uses the pre-experimental research method with a Time series design. Participants 15 people who got minor injuries to the hands and arms. Collection techniques using tests. The research instrument uses the Visual Analogue Scale (VAS) and the Range of Movement (ROM). Data analysis using one-way ANOVA and N-Gain. The results of the first phase of the research obtained document validity, namely feasible and valid for use in research. The output in the first stage is a draft article that will be presented at an international seminar and in the second stage the output is in the form of manual massage manuals with ISBNs and HAKI, as well as reputable journal articles.

Kata Kunci: *Therapy, Injury, Hands, Arms*