

Manfaat latihan Tai Chi Chuan terhadap keseimbangan pada penderita osteoarthritis lutut = Benefit of Tai Chi Chuan exercise for balance in patients with osteoarthritis of the knee

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Abstrak

Tujuan: Latihan Tai Chi Chuan dapat meningkatkan keseimbangan penderita Osteoarthritis lutut.

Disain: Uji klinis pra dan pasta perlakuan dengan kontrol.

Subyek: 22 orang pasien wanita berusia antara 50-60 tahun, dibagi secara acak menjadi dua kelompok.

Tempat: Bagian Ilmu Kedokteran Fisik dan Rehabilitasi. Perjan RS Dr. Hasan Sadikin, Bandung.

Intervensi: Pasien menjalani program latihan Tai Chi Chuan atau latihan keseimbangan di rumah selama 8 minggu.

Parameter: Balance Error Scoring System (BESS), VAS setiap minggu.

Hasil: Kedua kelompok menunjukkan penurunan nilai BESS yang bermakna ($p < 0,001$). Persentase perubahan pengaruh kedua latihan terdapat perbedaan yang bermakna pada saat pra dan minggu ke 4 ($p = 0,025$), minggu ke 4 dan 8 ($p = 0,002$) serta pra dan minggu ke 8 ($p = 0,001$). Terdapat perbedaan bermakna dalam penurunan nilai median VAS pada minggu ke 7 dan 8 ($p = 0,011$ dan $p = 0,003$).

Kesimpulan: Latihan Tai Chi Chuan dapat meningkatkan keseimbangan dan menurunkan nyeri pada penderita osteoarthritis lutut, demikian pula dengan latihan keseimbangan di rumah namun penurunan nilai BESS lebih kecil serta penurunan VAS hanya pada awal latihan.

Objective: Show that Tai Chi Chuan exercise can improve balance in patients with osteoarthritis of the knee.

Design: Clinical test pre and post intervention with control.

Participants: 22 patients, women age 50-60 years, were randomly assigned into two groups

Setting: Department of Physical Medicine and Rehabilitation. Hasan Sadikin Hospital Bandung.

Interventions: Patients receive either a regimen of Tai Chi Chuan exercise at the hospital with an certified instructor or a regimen of balance exercise to be done at home 3x/week for 8 weeks.

Main outcome measures: Balance Error Scoring System (BESS), VAS were measured each week.

Result : Both training groups showed a significant decrease in BESS ($p < 0,001$). There was a significantly differenced change as a result both exercise at pre and 4th weeks ($p = 0,025$), 4th and 8th weeks ($p = 0,002$), and pre and 8th weeks ($p = 0,001$). Significant decrease of the median VAS at 7th and 8th weeks ($p = 0,011$ dan $p = 0,003$).

Conclusion: Tai Chi Chuan exercise can improve balance and decrease pain in patients with osteoarthritis of the knee. Balance exercise done at home also showed a decrease in BESS and VAS although only in the early phase of the exercise.