THE EFFECT OF COMBINATION OF AGILITY TRAINING WITH PERTURBATION TRAINING ON PAIN AND FUNCTIONALITY OF KNEE OSTEOARTHRITIS PATIENTS IN THE ELDERLY

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ABSTRACT

Background: *Knee Osteoarthritis is a degenerative condition of the knee joint cartilage and the formation of osteophytes on the joint surface. This condition is often accompanied by pain that limits the range of joint motion and limits the freedom of activity, as a result the independence of the elderly in self-care is disturbed, while worsening the overall quality of life. Exercises for knee osteoarthritis usually consist of body movements, certain positions, or directed and safe physical activities. Therefore, researchers want to know the effect of a combination of Agility Training and Perturbation Training on pain and functionality of elderly knee osteoarthritis patients.* ***Objective:*** *To determine the effect of a combination of Agility Training and Perturbation Training on pain and functionality of elderly knee osteoarthritis patients.* ***Method:*** *This study used a quantitative method with a quasi-experimental type with a one-group pre-test and post-test design. Pain in knee osteoarthritis patients was measured by the Numerical Pain Rating Scale (NPRS). Functional in knee osteoarthritis patients was measured by the Western Ontario and McMaster Universities Osteoarthritis (WOMAC).* ***Results:*** *The results of the Wilcoxon Effect Test showed a significant effect of reducing pain with ($p = 0.001$). There was a significant increase in functional activity ($p=0.003$).* ***Conclusion:*** *The combination of agility and perturbation training significantly impacts pain and function in elderly patients with knee osteoarthritis.*

Keywords: *Agility training and perturbation training, Elderly, Functional, Knee osteoarthritis, Pain*