

ABSTRAK

Ischialgia atau skiatika adalah kondisi yang ditandai dengan adanya rasa sakit atau sensasi abnormal pada distribusi saraf skiatik atau terkait akar saraf lumbosakral. Tujuan penelitian ini yaitu untuk mengetahui penerapan latihan *core stability exercise* dan mobilisasi saraf dalam meningkatkan kemampuan fungsional pada penderita ischialgia. Penelitian ini menggunakan metode *pre-eksperimental design* dengan *one group pretest post test*. Sampel dalam penelitian ini berjumlah 15 orang yang dipilih melalui kriteria inklusi, eksklusi, dan drop out. Alat ukur pada penelitian ini yaitu *Oswestry Disability Index* (ODI). Hasil penelitian ini dibuktikan dengan uji normalitas shapiro wilk tes dan uji *paired t-test*. Data yang didapat berdistribusi normal dimana hasilnya 0,153 pada *pre test* dan 0,331 pada *post test*. Selanjutnya dilakukan uji *paired t-test* yang memperoleh hasil p value $0,00 < 0,05$. Hal ini menunjukkan bahwa penerapan latihan *core stability exercise* dan mobilisasi saraf mampu meningkatkan kemampuan fungsional pada penderita ischialgia.

Kata kunci: ischialgia, *core stability exercise*, mobilisasi saraf, kemampuan fungsional

ABSTRACT

Ischialgia, or sciatica, is a condition characterized by pain or abnormal sensations in the distribution of the sciatic nerve or related lumbosacral nerve roots. The purpose of this study was to determine the application of core stability exercise and nerve mobilization in improving functional ability in patients with ischialgia. This study used a pre-experimental design method with one group pretest-posttest. The sample in this study amounted to 15 people selected through inclusion, exclusion, and dropout criteria. The measuring instrument in this study is the Oswestry Disability Index (ODI). The results of this study were proven by the Shapiro-Wilk normality test and paired t-test. The data obtained were normally distributed, where the results were 0.153 in the pretest and 0.331 in the posttest. Furthermore, the paired t-test was carried out, which obtained a p-value of $0.00 < 0.05$. This evidence shows that the application of core stability exercise and nerve mobilization is able to improve functional abilities in patients with ischialgia.

Keywords: ischialgia, core stability exercise, nerve mobilization, functional ability