BAB V

KESIMPILAN DAN SARAN

A. Kesimpulan

Pada hasil penelitian , disimpulkan bahwa 30 pasien (100%) dengan keluhan *low back pain* akibat *spasme* otot, dengan intervensi fisioterapi, baik pemberian fisioterapi konservatif (IRR dan TENS), fisioterapi konservatif dikombinasikan *myofascial release technique* maupun fisioterapi konservatif muscle energy technique tidak terdapat perbedaan dalam menurunkan nyeri.

B. Saran

1. Institusi Pendidikan

   Penelitian ini dapat dilanjutkan dengan penelitian yang lebih mendalam, penggunaan data dan metode lebih mendalam dengan menggunakkan uji statistik yang berbeda

2. Peneliti Selanjutnya

   a. Peneliti selanjutnya diharapkan dapat mengkaji lebih banyak sumber atau referensi terkait dengan sarana prasarana pendidikan maupun efektifitas proses pembelajaran agar hasil penelitian bisa lebih baik dan lebih lengkap lagi.

   b. Peneliti selanjutnya diharapkan lebih mempersiapkan diri dalam proses pengambilan dan pengumpulan data sehingga penelitian dapat dilaksanakan dengan lebih baik.

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