

SIMPULAN DAN SARAN

Berdasarkan hasil penelitian, dapat disimpulkan bahwa mayoritas tingkat aktivitas fisik responden tergolong sedang berjumlah 70 orang (70,7%). Sedangkan sebaran distribusi berdasarkan karakteristik diperoleh kelompok usia 41 – 45 tahun 10 orang (83,4%), IMT normal 63 orang (75%), durasi pasca cedera 6 – 12 bulan 24 orang (85,7%) dan fungsi bal lutut yang menengah 25 orang (89,3%). Adapun saran bagi responden sebaiknya lebih memperhatikan kondisi lutut setelah mengalami cedera agar tidak terjadi penurunan tingkat aktivitas fisik kedepannya dan melakukan skrining terutama pada TNI yang cedera lutut dan saran untuk peneliti selanjutnya, diharapkan mengkaji instrument pengukuran tingkat aktivitas fisik yang lain terkhusus untuk prajurit TNI yang telah mengalami cedera ACL.

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