

ABSTRAK

Latar Belakang: Golf merupakan olahraga dengan risiko cedera sedang, dengan angka cedera pegolf rekreasional 15,8–40,9%, terutama pada punggung bawah dan ekstremitas atas. Keterbatasan fleksibilitas *trunk* menyebabkan rotasi kompensatorik berlebih yang meningkatkan stres tulang belakang dan risiko cedera punggung bawah. Oleh karena itu, peningkatan fleksibilitas *trunk* penting untuk pencegahan cedera. Kombinasi latihan *core* dengan *kinesio taping* diharapkan lebih efektif meningkatkan fleksibilitas *trunk* pada pegolf rekreasional.

Tujuan: Untuk mengetahui pengaruh pemberian *core muscle exercise* dan *kinesio taping* pada fleksibilitas *trunk* pemain golf rekreasional

Metode: Studi quasi eksperimental pre–post ini melibatkan 38 pegolf rekreasional laki-laki yang dibagi menjadi dua kelompok: latihan *core muscle* + *kinesio taping* (n=19) dan latihan *core muscle* saja (n=19). Kedua kelompok melakukan latihan *core muscle* dua kali per minggu selama enam minggu. *Kinesio taping* diaplikasikan pada *erector spinae*, *external* dan *internal oblique*, serta *rectus abdominis* dengan teknik fasilitasi dan tarikan 50%. Fleksibilitas *trunk* diukur menggunakan *Sit and Reach Test* serta Lingkup Gerak Sendi (LGS) lateral fleksi dan ekstensi *trunk*.

Hasil: Terdapat peningkatan fleksibilitas *trunk* (*Sit and Reach Test*, LGS lateral fleksi, dan ekstensi *trunk*) yang signifikan pada kedua kelompok setelah intervensi ($p < 0,05$). Kelompok latihan *core muscle* yang dikombinasikan dengan *kinesio taping* menunjukkan peningkatan fleksibilitas *trunk* yang lebih besar dibandingkan latihan *core muscle* saja ($p < 0,05$).

Kesimpulan: Latihan *core muscle* efektif meningkatkan fleksibilitas *trunk* pada pegolf rekreasional. Kombinasi latihan *core muscle* + *kinesio taping* memberikan peningkatan fleksibilitas *trunk* yang lebih tinggi dibanding latihan *core muscle* saja.

Kata kunci: Fleksibilitas *trunk*, Golf Rekreasional, *Kinesio taping*, Latihan *Core Muscle*

ABSTRACT

Background: Golf is a moderate-risk sport, with injury rates in recreational golfers ranging from 15.8% to 40.9%, mainly involving the lower back and upper limbs. Reduced trunk flexibility causes compensatory rotation, increasing spinal load and injury risk. Therefore, enhancing trunk flexibility is crucial. Combining core muscle exercises with kinesio taping is expected to be more effective in enhancing trunk flexibility among recreational golfers.

Objective: To determine the effects of core muscle exercise and kinesio taping on trunk flexibility in recreational golfers.

Methods: This quasi-experimental pre-post study involved 38 male recreational golfers allocated to a core muscle exercise plus kinesio taping group ($n = 19$) and a core muscle exercise-only group ($n = 19$). Both groups performed core muscle exercises twice weekly for six weeks. Kinesio taping was applied to the erector spinae, external and internal oblique, and rectus abdominis muscles using a facilitation technique with 50% tension. Trunk flexibility was evaluated using the Sit and Reach Test and trunk lateral flexion and extension range of motion.

Results: There was a significant improvement in trunk flexibility (Sit and Reach Test, range of motion of trunk lateral flexion, and trunk extension) in both groups after the intervention ($p < 0.05$). The group performing core muscle exercises combined with kinesio taping demonstrated greater improvements in trunk flexibility compared with the core muscle exercise-only group ($p < 0.05$).

Conclusion: Core muscle exercise effectively enhances trunk flexibility in recreational golfers. The addition of kinesio taping provides superior improvements compared with core muscle exercise alone.

Keywords: Core muscle exercise, Kinesio Taping, Recreational Golf, Trunk Flexibility