HOT ANALYSIS EFFECT THERAPY TO FATIGUE MUSCLE

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ABSTRACT

Fatigue often emerge at the time of us conduct a heavy activity and sufficient during, fatigue in each individual different each other but basically fatigue classified in two category that is muscle fatigue and public fatigue. Muscle fatigue represent a situation where muscle cannot maintain or style of contraction given, while public fatigue marked by decreasing willingness it to work caused by work which in character monoton.

One of the way of to overcome muscle fatigue by using hot therapy, for that require to be conducted by research related to tired measurement of muscle and influence of hot therapy to tired storey level of muscle.

Fiber muscle contraction (contraction fibre muscle) always followed with electrics activity (activity electrical). (Elektromyography / EMG) is a method for measurement, to presenting and analysing each every electrics signal (signals electrical) coming from muscle fiber by using electrode.

Measurement of tired storey level conducted by muscle of biceps with analysing sEMG signal (elektromyogram surface) by giving certain burden (weighing barbel 3 Kg) at measured muscle during more or less 10 minute. Analysis influence of hot therapy conducted by after warm-up (using diathermy) given in the area during 10 minute

After researching into to be conducted and process coefficient data of fourier transform got that at the time of tired muscle, amplitude of natural sEMG signal of degradation, and if given by hot therapy hence amplitude of signal will experience of increase, increase and degradation of amplitude of signal influenced by muscle fatigue.

Keyword; Electromyography, tired, hot therapy.