

# SPMRJ

Surabaya Physical Medicine  
and Rehabilitation Journal

## ORIGINAL ARTICLES

*Effect of Agonist-Antagonist Paired Set and Traditional Set Strengthening Exercise Methods on Single-Leg Hop Performance*

*Gadiza Raizninta Permatasari, RA Meisy Aindriana, I Putu Alit Pawana*

*Comparison of  $VO_{2max}$  Prediction of Submaximal Exercise Testing for Six Minute Arm Ergometer Test with Six Minute Walking Test in Untrained Healthy Young Adult Males*

*Taufan Hartawan, Nurul Kusuma Wardani, Andriati*

*Upper Limb Muscles Activity during Punches in Virtual Reality Exergame on Standing and Sitting Position*

*Bayu Aji Mayogya Putra, Reni Hendrarati Masduchi, Damayanti Tinduh, I Putu Alit Pawana*

*Profile of Age, Gender, and Body Mass Index in Patient with Knee Osteoarthritis in Surabaya*

*Primadita Esther Rosita, Patricia Maria Kurniawati, Dwikora Novembri Utomo*

*Risk Estimation of Anterior Cruciate Ligament (ACL) Injury in East Java Puslatda Pencak Silat Athletes*

*Farhan Nur Ahmad Dzakiya, Damayanti Tinduh, Dwikora Novembri Utomo*

## CASE REPORT

*Combination of Tramadol-Paracetamol in Palliative Care Pain Management: A Case Report*

*Riris Sifa Fauziah*

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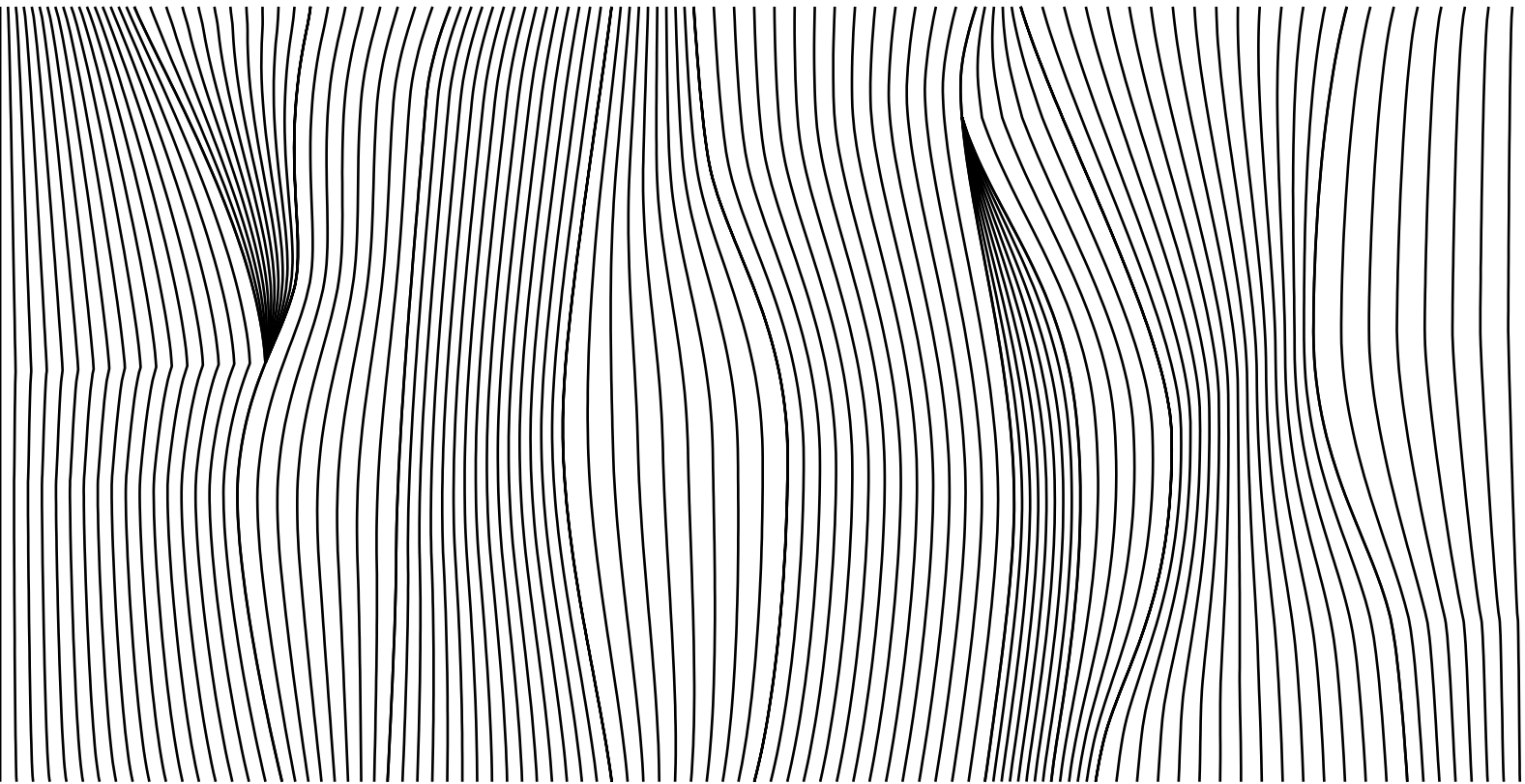
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# EDITORIAL NOTE

Physical exercise is a cornerstone of Physical Medicine and Rehabilitation's management. There are many studies that show the benefits of physical exercise on the body, both in healthy and disabled people. Understanding the body's adaptation mechanism to physical exercise is very important, whether it affects the musculoskeletal system, cardiorespiratory system, or the neuromuscular system. Therefore, in prescribing exercises to patients, it can be adjusted to the patient's condition and the desired goals can be achieved. There are various types of physical exercise with their respective benefits, including endurance, strengthening, flexibility and agility training. Especially in this pandemic era where mobility is severely restricted, there has been a decrease in physical activity, so that the risk of obesity increases. It is known that disorders of the knee are influenced by biomechanical factors, including obesity which is a risk factor for osteoarthritis, as well as certain sports that can increase the risk of ligament injury in the knee. Therefore it is important to keep doing physical activities and exercises to maintain body fitness by paying attention to good techniques to avoid injury.

Best Regards,

**EDITORIAL TEAM OF SPMRJ**



# TABLE OF CONTENT

- 1 Effect of Agonist-Antagonist Paired Set and Traditional Set Strengthening Exercise Methods on Single-Leg Hop Performance  
*Gadiza Raizninha Permatasari, RA Meisy Andriana, I Putu Alit Pawana*
- 7 Comparison of  $VO_{2max}$  Prediction of Submaximal Exercise Testing for Six Minute Arm Ergometer Test with Six Minute Walking Test in Untrained Healthy Young Adult Males  
*Taufan Hartawan, Nurul Kusuma Wardani, Andriati*
- 14 Upper Limb Muscles Activity during Punches in Virtual Reality Exergame on Standing and Sitting Position  
*Bayu Aji Mayogya Putra, Reni Hendrarati Masduchi, Damayanti Tinduh, I Putu Alit Pawana*
- 23 Profile of Age, Gender, and Body Mass Index in Patient with Knee Osteoarthritis in Surabaya  
*Primadita Esther Rosita, Patricia Maria Kurniawati, Dwikora Novembri Utomo*
- 29 Risk Estimation of Anterior Cruciate Ligament (ACL) Injury in East Java Puslatda Pencak Silat Athletes  
*Farhan Nauval Dzakiya, Damayanti Tinduh, Dwikora Novembri Utomo*
- 39 Combination of Tramadol-Paracetamol in Palliative Care Pain Management: A Case Report  
*Riris Sifa Fauziah*