

PEMBERIAN TRANSCUTANEOUS ELECTRICAL NERVE STIMULATION (TENS), KINESIO TAPING DAN CONVENTIONAL PHYSICAL THERAPY UNTUK MENURUNKAN FUNCTIONAL DISABILITY PADA PENDERITA OSTEOARTHRITIS LUTUT BILATERAL

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Abstrak

Osteoarthritis merupakan penyakit yang salah satu penyebabnya adalah gangguan gerak dan merupakan penyakit sendi paling banyak dialami di Indonesia. Penyakit ini salah satu tandanya adalah munculnya rasa sakit dan melakukan aktivitas sehari-hari sehingga mempengaruhi kualitas hidup seseorang dikarenakan adanya perubahan biokimia dan proses regenerasi tulang rawan sendi. Osteoarthritis lebih sering mengenai wanita usia 65 tahun keatas. Untuk usia 45 tahun keatas kurang lebih sepertiga dari jumlah keseluruhan mengeluhkan gejala persendian yang bermacam-macam mulai dari adanya kekakuan pada sendi tertentu dan adanya nyeri yang berkaitan dengan aktivitas, hingga kelumpuhan anggota gerak dan rasa nyeri pada bagian tertentu. Sering dirasakan karena deformitas dan sendi yang tidak stabil. Tujuan dari penulisan Karya Tulis Ilmiah Akhir adalah untuk mengetahui hasil dari pemberian Transcutaneous Electrical Nerve Stimulation (TENS), Kinesio Taping dan Conventional Physical Therapy untuk menurunkan functional disability pada penderita osteoarthritis lutut bilateral. Desain Studi Karya Tulis Ilmiah Akhir ini adalah pre post case study design, waktu pengambilan data dilaksanakan dari 08-29 April 2019 yang dilaksanakan di Rumah Sakit Rumah Sehat Terpadu Dompot Dhuafa. Parameter yang digunakan untuk mengukur aktivitas fungsional adalah WOMAC (Western Ontario Mc Master American College). Intervensi diberikan sebanyak 3 sesi selama 3 minggu. Berdasarkan hasil evaluasi didapatkan penurunan intensitas sebelum 61 dan sesudah 32. Kesimpulan pemberian Transcutaneous Electrical Nerve Stimulation (TENS), Kinesio Taping dan Conventional Physical Therapy dapat Menurunkan Functional Disability pada penderita Osteoarthritis lutut bilateral.

Kata Kunci: Functional Disability, Conventional Physical Therapy, Osteoarthritis, Kinesio Taping, Transcutaneous Electrical Nerve Stimulation (TENS)

THE EFFECTS OF TRANSCUTANEOUS ELECTRICAL NERVE STIMULATION (TENS), KINESIO TAPING AND CONVENTIONAL PHYSICAL THERAPY TO REDUCE FUNCTIONAL DISABILITY IN BILATERAL KNEE OSTEOARTRITIS PATIENTS

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Abstract

Osteoarthritis is a disease which is one of the causes is movement disorders and is the most common joint disease experienced in Indonesia. One of the signs of this disease is the emergence of pain and carrying out daily activities so that it affects one's quality of life due to biochemical changes and the process of regeneration of joint cartilage. Osteoarthritis is more common in women aged 65 years and over. For the age of 45 years and older, approximately one third of the total number of joint symptoms complaining, ranging from the presence of stiffness in certain joints and the pain associated with activity, to the paralysis of the limbs and pain in certain parts. Often felt because of deformity and unstable joints. The purpose of writing the Final Scientific Paper is to find out the results of giving Transcutaneous Electrical Nerve Stimulation (TENS), Kinesio Taping and Conventional Physical Therapy to reduce functional disability in patients with bilateral knee osteoarthritis. Design of this Final Scientific Paper Study is a pre post case study design, when data collection was carried out from 08-29 April 2019 which was carried out at the Dompot Dhuafa Integrated Health Hospital. The parameter used to measure functional activity is WOMAC (Western Ontario Mc Masters American College). The intervention was given as many as 3 sessions for 3 weeks. Based on the results of the evaluation, it was found that the intensity decrease before 61 and after 32. The conclusion of giving Transcutaneous Electrical Nerve Stimulation (TENS), Kinesio Taping and Conventional Physical Therapy to reduce functional disability in patients with bilateral knee osteoarthritis.

Keywords: Functional Disability, Conventional Physical Therapy, Osteoarthritis, Kinesio Taping, Transcutaneous Electrical Nerve Stimulation (TENS)