

**PENATALAKSANAAN FISIOTERAPI PADA KASUS
OSTEOARTHRITIS KNEE DI PKJN RUMAH SAKIT
DR. H. MARZOEKI MAHDI BOGOR**

Ayu Novitasari

Abstrak

Latar Belakang: *Osteoarthritis knee dextra* merupakan penyakit degeneratif sendi yang berupa kerusakan tulang rawan sendi yang berkembang secara lambat, tidak diketahui penyebabnya dan penyakit sendi yang paling banyak dijumpai dibanding penyakit sendi yang lainnya. **Tujuan:** Mengetahui pemeriksaan, problematik, intervensi, serta evaluasi fisioterapi pada kondisi *osteoarthritis knee*. **Metode Penelitian:** penelitian berbentuk studi kasus, alat ukur meliputi visual analog scale, goniometer, *manual muscle test* dan skala WOMAC. Sample penelitian yang diambil merupakan pasien yang di diagnosa mengalami penyakit *Osteoarthritis knee*. **Hasil:** Setelah dilakukan terapi sebanyak 4 kali didapat hasil penilaian nyeri pada nyeri tekan T1 : 4 menjadi T4 : 3, nyeri gerak T1 : 7,5 menjadi T4 : 6, peningkatan lingkup gerak sendi S: T1 : S 0 – 0 – 110 menjadi T4 : S 0 – 0 – 115. **Kesimpulan:** *TENS* dapat mengurangi nyeri pada lutut kanan pada kasus *Osteoarthritis Knee Dextra*, terapi latihan (TL) dengan *Hold Relax Exercise*, *Active Movement Exercise*, *Resissted Active Exercise* dapat meningkatkan lingkup gerak sendi lutut kanan pada kasus *Osteoarthritis Knee Dextra* dan dapat meningkatkan kekuatan otot pada kasus *Osteoarthritis Knee Dextra*.

Kata kunci: Fisioterapi, *Osteoarthritis Knee*, *Transcutaneous Electrical Nerve Stimulation*, *Hold Relax Exercise*, *Active Movement Exercise*, *Resissted Active Exercise*

PHYSIOTHERAPY MANAGEMENT IN CASES OF OSTEOARTHRITIS KNEE AT PKJN DR. H. MARZOEKI MAHDI BOGOR HOSPITAL

Ayu Novitasari

Abstract

Background: Osteoarthritis knee dextra is a degenerative joint disease in the form of damage to joint cartilage that develops slowly, has no known cause and is the most common joint disease compared to other joint diseases. **Objective:** To understand examinations, problems, interventions, and physiotherapy evaluations in knee osteoarthritis conditions. **Research Method:** research in the form of a case study, measuring instruments include visual analog scale, goniometer, manual muscle test and WOMAC scale. The research samples taken were patients diagnosed with osteoarthritis knee. **Results:** After undergoing therapy 4 times, pain assessment results were obtained for tenderness T1: 4 to T4: 3, movement pain T1: 7.5 to T4: 6, increased joint range of motion S: T1: S 0 – 0 – 110 to T4 : S 0 – 0 – 115. **Conclusion:** TENS can reduce pain in the right knee in cases of Osteoarthritis Knee Dextra, exercise therapy (TL) with Hold Relax Exercise, Active Movement Exercise, Resisted Active Exercise can increase the range of motion of the right knee joint in cases Osteoarthritis Knee Dextra and can increase muscle strength in cases of Osteoarthritis Knee Dextra.

Keywords: Physiotherapy, Osteoarthritis Knee, Transcutaneous Electrical Nerve Stimulation, Hold Relax Exercise, Active Movement Exercise, Resisted Active Exercise