# PELAKSANAAN FISIOTERAPI PADA KONDISI *SPRAIN ANKLE GRADE* 1

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**Abstrak**

**Latar Belakang:** *Sprain ankle* merupakan cedera yang disebabkan oleh *overstretch* atau ruptur ligamen pergelangan kaki yang merupakan stabilisasi pasif sendi. Biasanya, cedera ini terjadi pada ligamen lateral termasuk *anterior talofibular ligament* (ATFL)*, posterior talofibular ligament* (PTFL) *dan calcaneofibular ligament* (CFL) akibat gerakan inversi dan *plantar fleksi* secara tiba-tiba saat melakukan aktivitas. **Tujuan:** dari penulisan ini untuk menambah pemahaman mengenai proses pelaksanaan fisioterapi pada kondisi *Sprain ankle* Grade 1. **Metode:** Penelitian yang diggunakan merupakan studi kasus yang melibatkan seorang pasien laki-laki dengan menggunakan modalitas Ultrasound dan *Resistance band Exercise* dapat pengurangan nyeri, meningkatan kekuatan otot. **Hasil:** Menggunakan Ultrasound dan *Resistance band Exercise* dengan didapatkan selama 3 kali terapi yang baik berupa pengurangan nyeri, peningkatan kekuatan otot. Pengukuran nyeri menggunakan *Numeric Rating Scale* (NRS), Pengukuran pada kekuatan otot menggunakan *Manual Muscle Testing*, pengukuran lingkup gerak sendi menggunakan Range Of Motion (ISOM), dan pengukuran antropometri ankle dengan metode Figure of eight. **Kesimpulan:** Kesimpulan yang bisa di ambil adalah penggunaan modalitas Ultrasound dan *Resistance band Exercise* sangat membantu dalam mengatasi problematika yang dialami pasien

**Kata Kunci :** *Assesmen, Ultrasound, Resistance band Exercise, Numeric Rating Scale, Range Of Motion, Antropometri, Fisioterapi, Sprain ankle*

# *IMPLEMENTATION OF PHYSIOTHERAPY IN GRADE 1 ANKLE SPRAIN CONDITIONS*

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***Abstract***

***Background:*** *Ankle sprain is an injury caused by overstretch or rupture of the ankle ligaments which are passive stabilization of the joint. Usually, this injury occurs in the lateral ligaments including the anterior talofibular ligament (ATFL), posterior talofibular ligament (PTFL) and calcaneofibular ligament (CFL) due to sudden inversion and plantar flexion movements during activities.* ***Design:*** *This paper aims to increase understanding of the process of implementing physiotherapy in Grade 1 ankle sprain conditions.* ***Methods:*** *The research used is a case study involving a male patient using Ultrasound and Resistance band Exercise modalities to reduce pain, increase muscle strength.* ***Results****: Using Ultrasound and Resistance band Exercise with 3 good therapies obtained in the form of reduced pain, increased muscle strength. Pain measurement using the Numeric Rating Scale (NRS), muscle strength measurement using Manual Muscle Testing, joint range of motion measurement using the Range Of Motion (ISOM), and ankle anthropometric measurement using the Figure of eight method.* ***Conclusion****: The conclusion that can be drawn is that the use of Ultrasound and Resistance Band Exercise modalities is very helpful in overcoming the problems experienced by patients.*

***Keyword :*** *Assesmen, Ultrasound, Resistance band Exercise, Numeric Rating Scale, Range Of Motion, Antropometri, Fisioterapi, Sprain ankle*