

PENATALAKSANAAN FISIOTERAPI PADA KASUS *PIRIFORMIS SYNDROME* DI SASANA TRESNA WERDHA RIA PEMBANGUNAN

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Abstrak

Latar belakang: Piriformis Syndrome merupakan suatu kondisi neuropati skiatik yang terjadi akibat otot piriformis menekan saraf *sciatic*. Kondisi ini disebabkan oleh patologi intrinsik yang berasal dari otot piriformis seperti nyeri myofascial atau myositis ossificans akibat trauma . Piriformis Syndrome adalah gangguan neuromuskular yang terjadi ketika otot Piriformis teriritasi atau terkompresi saraf *sciatic*. Ini menyebabkan nyeri, kesemutan, dan mati rasa di bokong dan sepanjang saraf *sciatic*. Penelitian ini bertujuan untuk mengetahui penatalaksanaan fisioterapi pada kasus Piriformis Syndrome. **Desain:** Penelitian yang dilakukan merupakan penelitian berbentuk studi kasus, berisikan mengenai data pasien yang meliputi identitas pasien, hasil anamnesa, pemeriksaan fisioterapi intervensi serta evaluasi, penatalaksanaan fisioterapi pada Piriformis Syndrome mencakup berbagai pendekatan, termasuk terapi latihan, serta modalitas elektroterapi seperti TENS (*Transcutaneous Electrical Nerve Stimulation*) dan Ultrasound. Terapi inibertujuan untuk mengurangi ketegangan otot piriformis, meningkatkan fleksibilitas otot, mengurangi nyeri, dan meningkatkan kualitas hidup pasien. **Hasil:** Setelah dilakukan tiga kali Tindakan evaluasi fisioterapi dengan pemberian intervensi menggunakan modalitas TENS (*Transcutaneous Electrical Nerve Stimulation*), Ultrasound, dan terapi Latihan berupa *Piriformis Strech* dan *Self-Myofascial Release* didapatkan hasil bahwa adanya peningkatan aktivitas fungsional pasien dan penurunan rasa nyeri serta adanya peningkatan ROM. **Kesimpulan:** Dalam hal ini pemberian modalitas TENS (*Transcutaneous Electrical Nerve Stimulation*), Ultrasound, dan terapi Latihan berupa *Piriformis Strech* dan *Self-Myofascial Release* mampu untuk mengurangi problematika fisioterapi yang terjadi pada *Piriformis Syndrome*.

Kata kunci; *Piriformis Syndrome, Transcutaneous Electrical Nerve Stimulation* (TENS), Ultrasound, *Self-Myofascial Release*

PHYSIOTHERAPY MANAGEMENT IN PIRIFORMIS SYNDROME CASE AT SASANA TRESNA WERDHA RIA PEMBANGUNAN

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Abstarct

Background: Piriformis Syndrome is a condition of sciatic neuropathy that occurs due to the piriformis muscle compressing the sciatic nerve. This condition is caused by intrinsic pathology originating from the piriformis muscle such as myofascial pain or myositis ossificans due to trauma. Piriformis Syndrome is a neuromuscular disorder that occurs when the Piriformis muscle is irritated or compressed by the sciatic nerve. It causes pain, tingling, and numbness in the buttocks and along the sciatic nerve. This study aims to determine the management of physiotherapy in Piriformis Syndrome cases. **Design:** The research conducted is a case study research, containing patient data which includes patient identity, anamnesis results, physiotherapy examination intervention and evaluation, physiotherapy management of Piriformis Syndrome includes various approaches, including exercise therapy, as well as electrotherapy modalities such as TENS (Transcutaneous Electrical Nerve Stimulation) and Ultrasound. This therapy aims to reduce piriformis muscle tension, increase muscle flexibility, reduce pain, and improve the patient's quality of life. **Results:** After three physiotherapy evaluation actions with the provision of interventions using the modality of TENS (Transcutaneous Electrical Nerve Stimulation), Ultrasound, and Exercise therapy in the form of Piriformis Stretch and Self-Myofascial Release, the results showed that there was an increase in patient functional activity and a decrease in pain and an increase in ROM. **Conclusion:** In this case the provision of TENS (Transcutaneous Electrical Nerve Stimulation) modalities, Ultrasound, and Exercise therapy in the form of Piriformis Stretch and Self-Myofascial Release are able to reduce physiotherapy problems that occur in Piriformis Syndrome.

Keywords; Piriformis Syndrome, Transcutaneous Electrical Nerve Stimulation (TENS), Ultrasound, Self-Myofascial Release