

# PENINGKATAN LINGKUP GERAK SENDI PADA KASUS FROZEN SHOULDER ET CAUSA BURSITIS MENGGUNAKAN FINGER WALK EXERCISE DAN PENGGUNAAN MODALITAS TENS

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## Abstrak

**Latar Belakang:** *Frozen shoulder* merupakan keadaan sendi bahu yang mengalami peradangan, nyeri, perlengketan, atropi serta pemendekan kapsul sendi sehingga terjadinya keterbatasan gerak sendi. Pada pasien *frozen shoulder* keterbatasan luas gerak sendi (LGS) bahu dapat mempengaruhi dan menurunkan kemampuan fungsional sebanyak 16% pasien. **Tujuan:** dilakukannya penelitian ini adalah untuk mengetahui penatalaksanaan fisioterapi pada kasus *frozen shoulder*, efektivitas penggunaan modalitas TENS terhadap gejala nyeri yang diderita pasien. Penelitian ini berbentuk studi kasus yang berfokus pada 1 pasien. **Metode:** penelitian ini menggunakan metode studi kasus dengan satu sampel pasien osteoarthritis genu bilateral. Treatment dilakukan sebanyak 3 kali dalam kurung waktu 3 minggu. Alat ukur yang digunakan adalah *Shoulder Pain and Disability Index* (SPADI), VAS, Goniometer dan MMT. Parameter yang digunakan ialah. **Hasil:** hasil dari evaluasi yang didapatkan setelah diberikan intervensi menggunakan tens dan juga latihan *Finger Walk Exercise* ialah terjadi peningkatan lingkup gerak sendi, penurunan nyeri dan juga meningkatnya aktivitas fungsional. **Kesimpulan:** *Transcutaneous Electrical Nerve Stimulation* (TENS) dapat menurunkan sensasi nyeri, dan *Finger Walk Exercise* dapat meningkatkan lingkup gerak sendi.

**Kata Kunci:** *Frozen Shoulder, Transcutaneous Electrical Nerve Stimulation, Shoulder Pain and Disability Index, Finger Walk Exercise*

# INCREASING THE SCOPE OF JOINT MOTION IN FROZEN SHOULDER ET CAUSA BURSITIS CASES USING FINGER WALK EXERCISE AND USE OF TENS MODALITY

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## *Abstract*

**Background:** Frozen shoulder is a condition where the shoulder joint experiences inflammation, pain, adhesions, atrophy and shortening of the joint capsule resulting in limited joint movement. In frozen shoulder patients, limited range of motion (LGS) of the shoulder can affect and reduce the functional ability of as many as 16% of patients. **Objective:** This research was carried out to determine the physiotherapy management of frozen shoulder cases, the effectiveness of using TENS modality on the pain symptoms suffered by patients. This research takes the form of a case study that focuses on 1 patient. **Method:** This study used a case study method with one sample of bilateral genu osteoarthritis patients. Treatment was carried out 3 times within a period of 3 weeks. The measuring instruments used are the Shoulder Pain and Disability Index (SPADI), VAS, Goniometer and MMT. The parameters used are. **Results:** The results of the evaluation obtained after being given intervention using tens and also the Finger Walk Exercise were an increase in the range of motion of the joints, a decrease in pain and also an increase in functional activity. **Conclusion:** Transcutaneous Electrical Nerve Stimulation (TENS) can reduce pain sensation, and Finger Walk Exercise can increase joint range of motion.

**Keywords :** *Frozen Shoulder, Transcutaneous Electrical Nerve Stimulation, Shoulder Pain and Disability Index, Finger Walk Exercise*