

PELAKSANAAN FISIOTERAPI PADA KASUS POST OPERASI OPEN REDUCTION INTERNAL FIXTATION FRAKTUR HUMERUS

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Abstrak

Latar Belakang: Tindakan *post ORIF* dapat mengakibatkan masalah atau komplikasi seperti nyeri, penurunan kekuatan otot, bengkak, atau edema yang terdapat pada anggota gerak yang dioperasi serta penurunan lingkup gerak sendi. Fisioterapi memiliki peran yang penting dalam proses penanganan *post op ORIF* fraktur humerus ini salah satunya dengan modalitas fisioterapi dan terapi latihan. **Tujuan:** Untuk mengetahui pelaksanaan fisioterapi pada kondisi Post Operasi *Orif Fraktur humerus*. dan apakah ada penurunan nyeri, spasme peningkatan kekuatan otot, peningkatan linkup gerak sendi, dan peningkatan aktivitas fungsional setelah diberikan intervensi fisioterapi berupa *Ultrasound (US)*, Terapi Latihan dan *Massage*. **Metode:** Penelitian ini menggunakan hasil pendekatan case study dengan menggunakan satu sampel pasien post operasi *Orif fraktur humerus proximal dextra*. Treatment dilakukan sebanyak 4 kali. Alat ukur yang digunakan adalah *VAS, goniometer, MMT, SPADI*. **Hasil:** Hasil evaluasi yang didapatkan setelah diberikan intervensi *Ultrasound*, terapi latihan dan *massage*, yaitu terjadinya penurunan nyeri gerak dan tekan, penurunan spasme pada *upper trapezius*, peningkatan lingkup gerak sendi, peningkatan kekuatan otot dan peningkatan kemampuan aktivitas fungsional. **Kesimpulan:** Pemberian *Ultrasound*, terapi latihan dan *massage* dapat menurunkan nyeri dan spasme serta meningkatkan lingkup gerak sendi, kekuatan otot dan kemampuan aktivitas fungsional.

Keyword; *Post Orif Fraktur Humerus, Ultrasound, Massage*

THE IMPLEMENTATION OF PHYSIOTHERAPY IN THE CASE OF POST OPERATION OPEN REDUCTUION INTERNAL FIXATION OF HUMERUS FRACTURE

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Abstract

Background: Post-ORIF procedures can lead to issues or complications such as pain, decreased muscle strength, swelling or edema in the operated limb, and a reduction in joint range of motion. Physiotherapy plays a crucial role in the management of post-ORIF humerus fracture, including the use of physiotherapy modalities and therapeutic exercises. **Objective:** To evaluate the implementation of physiotherapy in Post-ORIF (Open Reduction and Internal Fixation) humerus fracture cases, and to determine whether there is a reduction in pain and spasms, an increase in muscle strength, an improvement in the range of motion, and an enhancement in functional activity following physiotherapy interventions such as Ultrasound (US), Exercise Therapy, and Massage. **Method:** This study uses a case study method using one sample of post-operative ORIF right proximal humerus fracture patient. Treatment is conducted four times. The measurement tools used were VAS, goniometer, MMT, and SPADI. The results of the study obtained after evaluation showed an increase in shoulder functional activity after Ultrasound, Exercise Therapy, and Massage interventions were provided. **Results:** The evaluation results obtained after the interventions of Ultrasound, exercise therapy, and massage showed a decrease in movement and pressure pain, a reduction in spasms in the upper trapezius, an increase in the range of motion, improved muscle strength, and an enhancement in functional activity capacity. **Conclusion:** The application of Ultrasound, exercise therapy, and massage can reduce pain and spasms, as well as improve the range of motion, muscle strength, and functional activity capacity.

Keyword: Post Orif Fraktur Humerus, Ultrasound, Massage