

PELAKSANAAN FISIOTERAPI PADA KASUS *CARPAL TUNNEL SYNDROME BILATERAL* DI RUMAH SAKIT PUSAT OTAK NASIONAL

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Abstrak

Studi kasus ini dilakukan untuk mengkaji efek dari hasil intervensi *Ultrasound*, *Tendon Gliding Exercise (Fingers Down Position dan Fist Position)*, *Median Nerve Mobilization*, *Carpal Tunnel Syndrome (CTS)* yaitu tekanan neuropati pada saraf median di dalam terowongan karpal, yang terletak di pergelangan tangan di bawah fleksor retinaculum. Penyebab terjadinya CTS adalah ketika saraf medianus, yang menjulur dari lengan bawah hingga tangan, terjepit atau mengalami tekanan berlebihan di area pergelangan tangan. Gejala *Carpal Tunnel Syndrome (CTS)* dapat muncul dalam bentuk rasa sakit, sensasi kesemutan, dan kehilangan sensasi pada bagian yang di distribusikan oleh saraf medianus di ujung jari ibu, jari telunjuk, jari tengah, dan sebagian jari radial. Tujuan studi kasus ini untuk mengetahui pelaksanaan fisioterapi pada kasus *Carpal Tunnel Syndrome (CTS)*. Metode pengambilan data studi pada kasus ini menggunakan 1 sampel pasien dengan diagnosa *Carpal Tunnel Syndrome Bilateral* dengan usia 52 tahun. Intervensi yang dilakukan sebanyak 3x pertemuan terapi selama 3 minggu di Rumah Sakit Pusat Otak Nasional. Berdasarkan studi kasus yang telah dilakukan terdapat adanya peningkatan aktifitas fungsional pada pengukuran fungsional *Wrist Hand Disability Index (WHDI)*. Kesimpulan dari pemberian *Ultrasound*, *Tendon Gliding Exercise (Fingers Down Position dan Fist Position)* dan *Median Nerve Mobilization* dapat menurunkan nyeri diam, nyeri tekan dan nyeri gerak, pengurangan spasme otot, peningkatan lingkup gerak sendi pada pasien dengan diagnosa *Carpal Tunnel Syndrome Bilateral*.

Kata Kunci : *Carpal Tunnel Syndrome, Ultrasound, Tendon Gliding Exercise, Fingers Down Position, Fist Position, Median Nerve Mobilization, Wrist Hand Disability Index*

IMPLEMENTATION OF PHYSIOTHERAPY IN CASE OF CARPAL TUNNEL SYNDROME BILATERAL AT RUMAH SAKIT PUSAT OTAK NASIONAL

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Abstract

This case study was conducted to assess the effects of the intervention results of Ultrasound, Tendon Gliding Exercise (Fingers Down Position and Fist Position), Median Nerve Mobilization, Carpal Tunnel Syndrome (CTS) which is neuropathic pressure on the median nerve inside the carpal tunnel, located in the wrist under the flexor retinaculum. The cause of CTS is when the median nerve, which runs from the forearm to the hand, is pinched or excessively compressed in the wrist area. Symptoms of Carpal Tunnel Syndrome (CTS) can appear in the form of pain, tingling sensation, and loss of sensation in the part distributed by the median nerve at the tip of the thumb, index finger, middle finger, and part of the radial finger. The purpose of this case study is to determine the implementation of physiotherapy in cases of Carpal Tunnel Syndrome (CTS). The method of taking study data in this case uses 1 patient sample with a diagnosis of Bilateral Carpal Tunnel Syndrome with an age of 52 years. Interventions were carried out as many as 3x therapy meetings for 3 weeks at the National Brain Center Hospital. Based on the case studies that have been carried out, there is an increase in functional activity on the functional measurement of the Wrist Hand Disability Index (WHDI). The conclusion from the provision of Ultrasound, Tendon Gliding Exercise (Fingers Down Position and Fist Position) and Median Nerve Mobilization can reduce silent pain, tenderness and motion pain, reduce muscle spasm, increase the scope of joint motion in patients with a diagnosis of Bilateral Carpal Tunnel Syndrome.

Keywords: Carpal Tunnel Syndrome, Ultrasound, Tendon Gliding Exercise, Fingers Down Position, Fist Position, Median Nerve Mobilization, Wrist Hand Disability Index