

PENATALAKSANAAN FISIOTERAPI PADA KASUS *CARPAL TUNNEL SYNDROME* DI RUMAH SAKIT ORTHOPEDI SIAGA RAYA

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Abstrak

Latar Belakang: *Carpal Tunnel Syndrome* (CTS) terjadi akibat penekanan nervus medianus pada retinaculum fleksor pergelangan tangan yang menimbulkan gejala seperti nyeri, keterbatasan dalam Lingkup Gerak Sendi (LGS), kesemutan (paratesia), dan rasa baal (paralisis) yang terjadi pada ibu jari, jari telunjuk, jari tengah dan setengah jari manis. Tujuan penelitian ini adalah untuk mengetahui penatalaksanaan fisioterapi pada pasien yang mengalami *Carpal Tunnel Syndrome*. **Metode:** Metode yang digunakan pada penelitian ini yaitu studi kasus dengan menggunakan 1 sampel pasien, yaitu seorang perempuan berusia 23 tahun dengan diagnosa medis *Carpal Tunnel Syndrome Sinistra* dengan melakukan intervensi sebanyak 4 kali pertemuan selama 3 minggu di Rumah Sakit Orthopedi Siaga Raya, Jakarta Timur. **Hasil:** Setelah dilakukan intervensi fisioterapi menggunakan Ultrasound, *Median Nerve Mobilization*, *Tendon Gliding*, dan *Nerve Gliding Exercise* selama 4 kali, didapatkan hasil bahwa adanya penurunan nyeri, peningkatan LGS, terjadinya peningkatan kekuatan otot, dan peningkatan kemampuan aktivitas fungsional dengan menggunakan parameter *Boston Carpal Tunnel Syndrome Questionnaire (BCTQ)*. **Kesimpulan:** Intervensi fisioterapi yang diberikan pada pasien CTS Sinistra memperoleh hasil berupa mengurangi permasalahan yang terjadi pada pasien.

Kata Kunci : *Carpal Tunnel Syndrome*, nyeri, kelemahan otot, keterbatasan lingkup gerak sendi, *Boston Carpal Tunnel Syndrome Questionnaire (BCTQ)*

PHYSIOTHERAPY MANAGEMENT IN CARPAL TUNNEL SYNDROME CASES AT SIAGA RAYA ORTHOPEDIC HOSPITAL

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Abstract

Background: Carpal Tunnel Syndrome (CTS) occurs due to suppression of the median nerve in the flexor retinaculum of the wrist which causes symptoms such as pain, limitation in joint range of motion (ROM), tingling (parathesia), and numbness (paralysis) that occurs in the thumb, index finger, middle finger and half ring finger. The purpose of this study was to determine the physiotherapy management in patients experiencing Carpal Tunnel Syndrome. **Methods:** The method used in this research is a case study using 1 patient sample, namely a 23-year-old woman with a medical diagnosis of Carpal Tunnel Syndrome Sinistra by intervening 4 times for 3 weeks at the Siaga Raya Orthopedic Hospital, East Jakarta. **Results:** After physiotherapy intervention using Ultrasound, Median Nerve Mobilization, Tendon Gliding, and Nerve Gliding Exercise for 4 times, it was found that there was a decrease in pain, an increase in ROM, an increase in muscle strength, and an increase in functional activity ability using the Boston Carpal Tunnel Syndrome Questionare (BCTQ) parameters. **Conclusion:** Physiotherapy interventions given to patients with CTS Sinistra obtained results in the form of reducing the problems that occur in patients.

Keywords: Carpal Tunnel Syndrome, pain, muscle weakness, limited scope of joint motion, Boston Carpal Tunnel Syndrome Questionare (BCTQ)