

PENATALAKSANAAN FISIOTERAPI PADA POST ORIF FRAKTUR RADIUS 1/3 DISTAL DI RS BHAYANGKARA TK.I PUSDOKKES POLRI

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Abstrak

Latar Belakang: *Post ORIF fraktur radius 1/3 distal* merupakan pemasangan internal fiksasi pada bagian ujung *radius* yang *fraktur*. *Fraktur radius 1/3 distal* adalah salah satu jenis patah tulang yang paling umum terjadi di seluruh dunia. Di Amerika Serikat saja, terdapat sekitar 50.000 kasus *fraktur radius 1/3 distal* setiap tahunnya. Mayoritas penyebab *fraktur radius 1/3 distal* adalah kecelakaan lalu lintas dan jatuh. Masalah yang dapat timbul berupa nyeri, penurunan kekuatan otot, keterbatasan lingkup gerak sendi dan kemampuan fungsional. Fisioterapi berperan dalam mengatasi permasalahan yang terjadi pada *post ORIF fraktur radius 1/3 distal* sehingga pasien dapat beraktivitas kembali.

Tujuan: Penelitian ini bertujuan untuk mengetahui proses penatalaksanaan fisioterapi dengan pemberian *Infra Red* dan terapi latihan; *Free Active Exercise*, *Forced Passive Movement* dan *Hold Relax* pada kasus *Post ORIF Fraktur Radius 1/3 Distal*.

Metode Penelitian: Penelitian ini menggunakan metode laporan kasus yang mana melibatkan seorang pasien laki-laki inisial Tn.T usia 38 tahun mengalami keluhan nyeri, lemas saat menggenggam barang dan keterbatasan dalam aktivitas sehari-hari seperti menggenggam sendok saat makan, mandi dan memakai baju.

Hasil: Setelah diberi terapi sebanyak 3 kali pertemuan, ditemukan hasil penurunan nyeri, peningkatan kekuatan otot, peningkatan lingkup gerak sendi dan penurunan skor WHDI.

Kesimpulan: Kesimpulan dari penelitian ini menunjukkan bahwa setelah pemberian *Infra Red* dan terapi latihan; *Free Active Exercise*, *Forced Passive Movement* dan *Hold Relax* pada kasus *Post ORIF Fraktur Radius 1/3 Distal* penurunan nyeri, peningkatan kekuatan otot, peningkatan lingkup gerak sendi dan penurunan skor WHDI.

Kata Kunci: *Post ORIF Fraktur Radius 1/3 Distal*, *Infra Red*, *Free Active Exercise*, *Forced Passive Movement*, *Hold Relax*.

PHYSIOTHERAPY MANAGEMENT OF POST ORIF DISTAL FRACTURES 1/3 RADIUS AT BHAYANGKARA TK.I HOSPITAL PUSDOKKES POLRI

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Abstract

Background: After an ORIF fracture of 1/3 of the distal radius, internal fixation is installed at the tip of the fractured radius. Fracture of the distal 1/3 of the radius is one of the most common types of fractures throughout the world. In the United States alone, there are approximately 50,000 cases of fractures of the distal 1/3 of the radius each year. The majority of causes of fractures of the distal 1/3 of the radius are traffic accidents and falls. Problems that can arise include pain, decreased muscle strength, limited joint range of motion, and functional ability. Physiotherapy plays a role in overcoming problems that occur in fractures of the distal 1/3 of the radius after ORIF so that patients can return to their activities.

Objective: This study aims to determine the process of physiotherapy management by providing infrared therapy and exercise; Free Active Exercise, Forced Passive Movement, and Relaxed Resistance in Cases of Post-ORIF Distal 1/3 Radius Fractures.

Research Methods: This study used a case report method involving a 38 year old male patient with the initials Mr. T complained of pain, weakness when holding objects and difficulty in daily activities such as holding a spoon when eating, bathing and wearing clothes.

Results: After being given therapy for 3 meetings, the results were found to reduce pain, increase muscle strength, increase joint range of motion and decrease WHDI scores.

Conclusion: The conclusion of this study shows that after administering Infra Red and exercise therapy; Free Active Exercise, Forced Passive Movement and Hold Relax in cases of Post ORIF Distal 1/3 Radius Fracture, decreased pain, increased muscle strength, increased joint range of motion and decreased WHDI score.

Keywords: Post ORIF Fraktur Radius 1/3 Distal, Infra Red, Free Active Exercise, Forced Passive Movement, Hold Relax.