

PENATALAKSANAAN FISIOTERAPI PADA KASUS *CARPAL TUNNEL SYNDROME SINISTRA* DI RSAL DR. MINTOHARDJO

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Abstrak

Sindrom Karpal Tunnel (CTS) merupakan kondisi yang terjadi akibat tekanan pada nervus medianus di area pergelangan tangan, yang sering kali menyebabkan rasa nyeri, kebas, dan kelemahan otot. Pemberian penatalaksanaan fisioterapi pada CTS bertujuan untuk meringankan gejala, meningkatkan fungsi tangan dan kualitas hidup pasien. Tujuan dari penulisan ini untuk menambah pemahaman mengenai proses penatalaksanaan fisioterapi pada kasus Sindrom Karpal Tunnel. Metode atau pendekatan pada tugas akhir ini menggunakan metode studi kasus, setelah dilakukan 3 kali terapi hasil yang di dapatkan dengan pemberian intervensi modalitas *Ultrasound* (US) dan *Transcutaneous Electrical Nerve Stimulation* (TENS) adalah menurunnya inflamasi dan nyeri serta terapi latihan seperti *Tendon Gliding Exercise* untuk meningkatkan mobilitas saraf dan *Upper Limb Tension Test 1* (ULTT) sebagai intervensi mobilisasi saraf. Selama 3 kali pertemuan di dapatkan hasil yang baik berupa penurunan nyeri, peningkatan kekuatan otot dan peningkatan lingkup gerak sendi.

Kata Kunci : Sindrom Karpal Tunnel, Fisioterapi, Modalitas, Terapi Latihan, Nyeri, Mobilisasi Saraf

PHYSIOTHERAPY MANAGEMENT IN CASES OF CARPAL TUNNEL SYNDROME SINISTRA AT RSAL DR. MINTOHARDJO

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Abstract

Carpal Tunnel Syndrome (CTS) is a condition caused by compression of the median nerve at the wrist, often resulting in pain, numbness, and muscle weakness. Physiotherapy management for CTS aims to alleviate symptoms, improve hand function, and enhance patients' quality of life. The purpose of this study is to deepen the understanding of the physiotherapy management process in Carpal Tunnel Syndrome cases. The approach used in this final project is a case study method. After three therapy sessions, interventions such as Ultrasound (US) and Transcutaneous Electrical Nerve Stimulation (TENS) modalities showed a reduction in inflammation and pain. Additionally, exercises like Tendon Gliding Exercise were employed to enhance nerve mobility, and the Upper Limb Tension Test 1 (ULTT 1) was used as a nerve mobilization intervention. Over three sessions, significant improvements were observed, including pain reduction, increased muscle strength, and enhanced joint range of motion.

Keywords : Carpal Tunnel Syndrome, Physiotherapy, Modalities, Therapeutic Exercise, Pain, Nerve Mobilization