

PENATALAKSANAAN FISIOTERAPI PADA KASUS LOW BACK PAIN ET CAUSA ISCHALGIA

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Abstrak

Latar Belakang: *Low Back Pain* merupakan salah satu keluhan muskuloskeletal yang banyak dijumpai di kalangan masyarakat dan dapat menurunkan kualitas hidup individu yang mengalaminya. Salah satu varian dari Low Back Pain yang disertai dengan nyeri menjalar ke tungkai bawah dikenal sebagai *ischialgia*, yang umumnya disebabkan oleh iritasi atau penekanan pada saraf ischiadicus. Fisioterapi memiliki peran penting dalam penanganan kondisi ini karena dapat membantu mengurangi rasa nyeri, memperbaiki fungsi tubuh, serta mencegah terjadinya disabilitas jangka panjang. **Tujuan:** Penelitian ini bertujuan untuk mengetahui *efektivitas* pemberian *intervensi* fisioterapi pada pasien dengan diagnosis *Low Back Pain et causa ischialgia* menggunakan **Metode:** Penelitian ini menggunakan pendekatan studi kasus. Subjek yang diteliti adalah pasien yang menjalani terapi di RSUD Cengkareng dengan pendekatan berupa *TENS (Transcutaneous Electrical Nerve Stimulation)*, *Microwave Diathermy*, dan latihan *McKenzie*. Pemeriksaan dilakukan secara menyeluruh, meliputi anamnesis, inspeksi, palpasi, evaluasi nyeri, pengukuran lingkup gerak sendi, kekuatan otot, serta penilaian fungsional menggunakan instrumen *Oswestry Disability Index*. **Hasil:** Setelah tiga kali pertemuan terapi menunjukkan adanya penurunan tingkat nyeri serta peningkatan kemampuan fungsional pasien. **Kesimpulan:** Pemberian intervensi fisioterapi dapat disimpulkan bahwa kombinasi modalitas fisioterapi terbukti efektif dalam penanganan *Low Back Pain et causa ischialgia* dan memberikan dampak positif terhadap peningkatan kualitas hidup pasien.

Kata Kunci: *Low Back Pain, Ischialgia, TENS, Latihan McKenzie, Microwave Diathermy*

PHYSIOTHERAPY MANAGEMENT IN LOW BACK PAIN CAUSED ET ISCHIALGIA

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Abstract

Background: Low Back Pain is one of the most commonly encountered musculoskeletal complaints in the general population and can significantly reduce the quality of life of those affected. One variant of Low Back Pain that is accompanied by radiating pain to the lower limbs is known as ischialgia, which is generally caused by irritation or compression of the sciatic nerve. Physiotherapy plays an important role in managing this condition, as it can help reduce pain, improve bodily function, and prevent long-term disability. **Objective:** This study aims to determine the effectiveness of physiotherapy interventions in patients diagnosed with Low Back Pain due to ischialgia. **Methods:** This research used a case study approach. The subject of the study was a patient undergoing therapy at Cengkareng General Hospital, receiving a combination of Transcutaneous Electrical Nerve Stimulation (TENS), Microwave Diathermy, and McKenzie exercises. A comprehensive examination was carried out, including anamnesis, inspection, palpation, pain evaluation, measurement of joint range of motion, muscle strength testing, and functional assessment using the Oswestry Disability Index (ODI). **Results:** After three therapy sessions, the results showed a decrease in pain levels and an improvement in the patient's functional abilities. **Conclusion:** It can be concluded that physiotherapy interventions, particularly the combination of TENS, Microwave Diathermy, and McKenzie exercises, are effective in the treatment of Low Back Pain due to ischialgia and have a positive impact on improving the patient's quality of life.

Keywords: Low Back Pain , Ischialgia, TENS, McKenzie Exercises,
MicrowaveDiathermy