PENATALAKSAAN FISIOTERAPI PADA KASUS *MENISCUS TEAR* NON OPERATIF GRADE 1

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Abstrak

Latar Belakang : *Meniscus Tear* merupakan kondisi patologis dimana terjadi nya robekan pada bantalan atau tulang rawan di sendi lutut hal ini bisa terjadi karena traumatik ataupun degeneratif. *Meniscus tear* grade 1 termasuk jenis cedera pada *meniscus* yang tergolong ringan. Lesi *meniscus* ini terletak di bagian tengah yang memiliki ukuran kecil dan tidak ada perluasan ke permukaan articular. **Tujuan :** Untuk mengetahui penatalaksaan fisioterapi dalam penurunan nyeri, meningkatkan kekuatan otot, menambah lingkup gerak sendi dan peningkatan aktivitas fungsional pada penderita *Meniscus tear Grade 1* dengan modalitas *Transcutaneous Electrical Nerve Stimulation* (TENS), *ultrasound* dan exercise. **Hasil :** Hasil yang didapatkan setelah melakukan terapi adalah adanya penurunan nyeri, meningkatnya kekuatan otot, meningkatnya lingkup gerak sendi dan peningkatan aktivitas fungsional. **Kesimpulan :** *Transcutaneous Electrical Nerve Stimulation* (TENS), *ultrasound* dan exercise dapat mengurangi nyeri, menambah kekuatan otot, menambah lingkup gerak sendi dan peningkatan aktivitas fungsional pada penderita *Meniscus Tear Grade 1*.

Kata Kunci : Exercise, Meniscus Tear, *Transcutaneous Electrical Nerve Stimulation* (TENS), dan *Ultrasound*.

PHYSIOTHERAPY MANAGEMENT CASES OF NON OPERATIVE MENISCUS TEAR GRADE 1

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Abstract

Background : Meniscus Tear is a pathological condition where there is a tear in the pad or cartilage in the knee joint. This can occur due to trauma or degenerative. Meniscus tear grade 1 is a type of meniscus injury that is classified as mild. This meniscus lesion is located in the middle part which has a small size and no extension to the articular surface. **Objective :** To determine the management of physiotherapy in reducing pain, increasing muscle strength, increasing joint range of motion and increasing functional activity in patients with Grade 1 Meniscus tear with the modalities of Transcutaneous Electrical Nerve Stimulation (TENS), ultrasound and exercise. **Results :** The results obtained after therapy were a decrease in pain, increased muscle strength, increased range of motion of joint and increased functional activity. **Conclusion** : Transcutaneous Electrical Nerve Stimulation (TENS), ultrasound and exercise can reduce pain, increase muscle strength, increasen joint range of motion and improve functional activity in patients with Grade 1 Meniscus Tear.

Keywords : Exercise, Meniscus Tear, Transcutaneous Electrical Nerve Stimulation (TENS) and Ultrasound.