PENATALAKSANAAN FISIOTERAPI PADA KASUS STROKE HEMORAGIK

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Abstrak

Latar Belakang: Stroke hemoragik bisa menyebabkan gangguan serius pada sistem saraf, membuat penderitanya sulit bergerak dan menjalani aktivitas sehari-hari. Fisioterapi penting dalam proses pemulihan setelah stroke yang membantu mengembalikan kekuatan gerak, mengurangi kekakuan otot, dan membantu pasien menjadi lebih mandiri dalam beraktivitas. Penelitian bertujuan untuk mengevaluasi efektivitas kombinasi intervensi berupa infra red, stretching, latihan aktif, dan latihan fungsional dalam meningkatkan fungsi motorik dan kemampuan fungsional pasien stroke hemoragik, yang diukur menggunakan instrumen NIHSS, Barthel Index, dan *Manual Muscle Testing* (MMT). **Metode:** Penelitian ini menggunakan desain studi kasus dengan pendekatan kuantitatif deskriptif. Subjeknya adalah pasien pasca stroke hemoragik yang menjalani fisioterapi selama empat minggu. Intervensi mencakup infra red untuk relaksasi otot, stretching untuk mengurangi kekakuan, latihan aktif untuk meningkatkan kekuatan, dan latihan fungsional untuk mendukung kemandirian. **Hasil:** Evaluasi dilakukan sebelum dan sesudah intervensi menggunakan *National Institutes of Health Stroke Scale* (NIHSS), *Barthel Index*, dan MMT. Setelah 4 kali pertemuan fisioterapi, terjadi penurunan skor NIHSS yang menunjukkan perbaikan status neurologis, peningkatan skor Barthel Index yang mencerminkan peningkatan kemandirian aktivitas harian, serta peningkatan nilai MMT pada ekstremitas yang terkena. **Kesimpulan:** Gabungan terapi infra red, *stretching, active exercise*, dan latihan fungsional terbukti membantu mempercepat pemulihan pasien stroke hemoragik, khususnya dalam pergerakan tubuh dan kemampuan menjalani aktivitas sehari-hari secara mandiri.

Kata kunci: Stroke Hemoragik, Fisioterapi, *Infra Red, Stretching, Active Exercise,* Latihan Fungsional, NIHSS*, Barthel Index,* MMT

PHYSIOTHERAPY MANAGEMENT IN CASES OF HEMORRAGIC STROKE

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Abstract

Backkground: Hemorrhagic stroke can cause serious damage to the nervous system, leading to difficulties in movement and daily activities. Physiotherapy plays an important role in the recovery process by helping restore motor strength, reduce muscle stiffness, and improve patients' independence in daily life. This study aims to evaluate the effectiveness of a combination of interventions infrared therapy, stretching, active exercises, and functional training improving motor and functional abilities in patients with hemorrhagic stroke. **Method:** A case study design with a descriptive quantitative approach was used. The subject was a post-hemorrhagic stroke patient who underwent physiotherapy for four weeks. Interventions included infrared therapy for muscle relaxation, stretching to reduce stiffness, active exercises to enhance strength, and functional training to improve independence. **Results:** Assessments were conducted before and after the intervention using the National Institutes of Health Stroke Scale (NIHSS), Barthel Index, and Manual Muscle Testing (MMT). After four sessions, results showed a reduction in NIHSS scores, indicating neurological improvement; an increase in Barthel Index scores, reflecting better independence in daily activities; and improved MMT scores in the affected limbs. **Conclusion:** The combination of infrared therapy, stretching, active exercises, and functional training was effective in supporting the recovery of hemorrhagic stroke patients, particularly in improving movement and functional independence.

Keywords: Hemorrhagic Stroke, Physiotherapy, Infrared, Stretching, Active Exercise, Functional Training, NIHSS, Barthel Index, MMT.