

PENATALAKSANAAN FISIOTERAPI PADA KASUS *HERNIA NUCLEUS PULPOSUS CERVICAL* DI RSAL Dr. MINTOHARDJO

Lailatu Syaidah

Abstrak

Latar Belakang: *Hernia Nucleus Pulposus Cervical* adalah kondisi dimana diskus intervertebralis yang berada diantara ruas tulang belakang *cervical* mengalami penonjolan yang dapat menekan akar saraf dan menyebabkan berbagai problematika seperti nyeri, *pharaesthesia*, keterbatasan lingkup gerak sendi dan kelemahan yang dapat mengganggu aktivitas fungsional. **Tujuan:** Pendekatan intervensi fisioterapi bertujuan untuk mengurangi problematika tersebut dan mengembalikan aktivitas fungsional pasien yang diukur menggunakan *neck disability index* (NDI). **Metode:** Metode Penelitian yang digunakan adalah studi kasus, yang dimana di dalamnya terdapat data pasien mulai dari identitas pasien, hasil anamnesa pasien, pemeriksaan fisioterapi, intervensi fisioterapi dan pemberian *home program*. **Hasil:** Hasil dari penelitian ini menunjukkan bahwa setelah pemberian intervensi *transcutaneous electrical nerve stimulation* (TENS), *ultrasound*, *cervical traction*, *chin tuck exercise*, *isometric neck exercise* dan *resistance exercise* membantu mengurangi problematika yang dialami pasien dan didapati perbaikan pada aktivitas fungsional yang diukur menggunakan *neck disability index* (NDI). **Kesimpulan:** Pasien dengan kondisi *hernia nucleus pulposus cervical* dilakukan pemeriksaan dengan *visual analog scale* untuk skala nyeri, *manual muscle testing* untuk kekuatan otot, lingkup gerak sendi dengan goniometer dan *inclinometer*, dan aktivitas fungsional menggunakan *neck disability index* (NDI). Intervensi yang digunakan *transcutaneous electrical nerve stimulation* (TENS), *ultrasound*, *cervical traction*, *chin tuck exercise*, *isometric neck exercise* dan *resistance exercise*.

Kata Kunci: *Hernia Nucleus Pulposus Cervical*, Fisioterapi, Intervensi Fisioterapi, Aktivitas Fungsional, *Neck Disability Index*.

PHYSIOTHERAPY MANAGEMENT IN CASES OF HERNIA NUCLEUS PULPOSUS CERVICAL AT RSAL Dr. MINTOHARDJO

Lailatu Syaidah

Abstract

Background: Hernia Nucleus Pulposus Cervical is a condition where the intervertebral disc between the cervical vertebrae protrudes which can press on the nerve roots and cause various problems such as pain, pharaesthesia, limited joint range of motion and weakness which can interfere with functional activities. **Objective:** The physiotherapy intervention approach aims to reduce these problems and restore the patient's functional activity as measured using the neck disability index (NDI). **Methods:** The research method used is a case study, in which there is patient data starting from the patient's identity, the results of the patient's history, physiotherapy examination, physiotherapy intervention and provision of home programs. **Results:** The results of this study indicate that after the provision of transcutaneous electrical nerve stimulation (TENS), ultrasound, cervical traction, chin tuck exercise, isometric neck exercise and resistance exercise interventions help reduce the problems experienced by patients and there is improvement in functional activity measured using the neck disability index (NDI). **Conclusion:** Patients with cervical herniated nucleus pulposus conditions were examined with a visual analog scale for pain scale, manual muscle testing for muscle strength, joint motion scope with a goniometer and inclinometer, and functional activities using the neck disability index (NDI). Interventions used transcutaneous electrical nerve stimulation (TENS), ultrasound, cervical traction, chin tuck exercise, isometric neck exercise and resistance exercise.

Keywords: Hernia Nucleus Pulposus Cervical, Physiotherapy, Physiotherapy Intervention, Functional Activity, Neck Disability Index.