PELAKSANAAN FISIOTERAPI MENGGUNAKAN *INFRA RED*, *ULTRASOUND*, DAN TERAPI LATIHAN *MYOFASCIAL RELEASE* UNTUK MENGURANGI *NYERI* PADA *MYOFASCIAL TRIGGER POINT SYNDROME* OTOT *UPPER TRAPEZIUS*

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Abstrak

Latar belakang: *Myofascial Trigger Point Syndrome* (MTPs) adalah gangguan muskuloskeletal umum yang sering menyerang otot *upper trapezius*. Kondisi ini ditandai oleh *trigger point* atau titik pemicu berupa nodul atau pita yang menyebabkan nyeri dan keterbatasan gerak. Faktor penyebabnya meliputi postur tidak ergonomis (seperti postur menunduk), penggunaan otot berlebihan, trauma, dan stres psikologis. Fisioterapi memegang peran krusial dalam mengurangi nyeri dan memulihkan fungsi pada kasus MTPs. **Desain**: Penelitian ini menggunakan pendekatan studi kasus untuk mendokumentasikan data pasien, mulai dari anamnesis hingga evaluasi intervensi fisioterapi. Penanganan MTPs pada otot *upper trapezius* melibatkan kombinasi modalitas *Infra Red, Ultrasound*, dan terapi latihan berupa *Myofascial Release*. Terapi ini bertujuan mengurangi nyeri, meredakan ketegangan otot, meningkatkan lingkup gerak sendi, meningkatkan kekuatan otot, dan memperbaiki kualitas hidup pasien. **Hasil**: Setelah empat kali sesi terapi dengan intervensi tersebut, hasil evaluasi menunjukkan adanya penurunan nyeri yang signifikan, peningkatan kekuatan otot, peningkatan lingkup gerak sendi, penurunan spasme, dan peningkatan aktivitas fungsional. **Kesimpulan**: Dengan demikian, disimpulkan bahwa intervensi fisioterapi berupa *Infra Red, Ultrasound*, dan *Myofascial Release* efektif dalam mengatasi problematika MTPs.

Kata kunci: *Myofascial Trigger Point Syndrome, Infra Red, Ultrasound, Myofascial Release*, Nyeri, Postur.

THE APPLICATION OF PHYSIOTHERAPY USING INFRA RED, ULTRASOUND, AND MYOFASCIAL RELEASE THERAPY TO REDUCE PAIN IN MYOFASCIAL TRIGGER POINT SYNDROME OF THE UPER TRAPEZIUS MUSCLE

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Abstract

Background: Myofascial Trigger Point Syndrome (MTPs) is a common musculoskeletal disorder that often affects the *upper trapezius* muscle. This condition is characterized by trigger points or localized nodules or bands that cause pain and limited range of motion. Contributing factors include non-ergonomic postures (such as forward head posture), overuse of muscles, trauma, and psychological stress. Physiotherapy plays a crucial role in reducing pain and restoring function in MTPs cases. **Design**: This research utilizes a case study approach to document patient data, from anamnesis to the evaluation of physiotherapy interventions. The management of MTPs in the *upper trapezius* muscle involves a combination of Infra Red and Ultrasound modalities, along with Myofascial Release exercise therapy. This therapy aims to reduce pain, alleviate muscle tension, increase joint range of motion, enhance muscle strength, and improve the patient's quality of life. **Results**: After four therapy sessions with the aforementioned interventions, the evaluation results showed a significant decrease in pain, increase in muscle strength, increase in joint range of motion, reduction in spasm, and improvement in functional activity. **Conclusion**: It is concluded that physiotherapy interventions comprising Infrared, Ultrasound, and Myofascial Release are effective in addressing the physiotherapy problems associated with Myofascial Trigger Point Syndrome.

Keywords: Myofascial Trigger Point Syndrome, Infrared, Ultrasound, Myofascial Release, Pain, Posture.