

**PELAKSANAAN FISIOTERAPI DENGAN MENGGUNAKAN
INFRA RED DAN TERAPI LATIHAN *CONTRACT RELAX
EXERCISE* DAN *FREE ACTIVE EXERCISE* DALAM
MENGURANGI KETERBATASAN GERAK
PADA KONDISI *POSTORIF FRAKTUR
OS RADIUS 1/3 DISTAL***

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Abstrak

Latar Belakang : *Post ORIF Fraktur Radius 1/3 Distal* adalah pemasangan fiksasi internal pada ujung tulang radius yang patah. Fraktur ini merupakan salah satu jenis patah tulang paling umum di dunia, dengan insiden sekitar 17,5%, umumnya disebabkan kecelakaan lalu lintas dan jatuh dari ketinggian. Masalah yang muncul meliputi nyeri, penurunan kekuatan otot, kekakuan, keterbatasan lingkup gerak, dan gangguan fungsi. Fisioterapi berperan penting dalam penanganan kondisi ini agar pasien dapat kembali beraktivitas secara fungsional. **Tujuan :** Penelitian ini bertujuan untuk mengetahui proses pelaksanaan fisioterapi dengan pemberian *Infra Red* dan terapi latihan; *Contract relax exercise* dan *Free Active Exercise* dalam mengurangi keterbatasan gerak pada kasus *Post ORIF Fraktur Radius 1/3 Distal*. **Metode penelitian :** Penelitian ini menggunakan metode laporan kasus pada seorang pasien perempuan, Ny. M (62 tahun), yang mengalami nyeri saat menggerakkan tangan, menggenggam, bengkak, serta keterbatasan aktivitas sehari-hari. Setelah enam kali terapi, terdapat penurunan nyeri dan bengkak, peningkatan kekuatan otot, lingkup gerak sendi, serta penurunan skor WHDI. **Hasil :** Hasil dari penelitian ini menunjukkan bahwa setelah pemberian *Infra Red* dan terapi latihan ; *Contract Relax Exercise* dan *Free Active Exercise* pada kasus *Post ORIF Fraktur Radius 1/3 Distal* penurunan nyeri, penurunan bengkak, peningkatan kekuatan otot, peningkatan lingkup gerak sendi dan penurunan skor WHDI. **Kesimpulan :** Pada pasien *Post ORIF Fraktur Radius 1/3 Distal* dilakukan pemeriksaan nyeri dengan Visual Analogue Scale (VAS), kekuatan otot dengan *Manual Muscle Test* (MMT), lingkup gerak sendi menggunakan goniometer, dan fungsi pergelangan tangan dengan *Wrist Hand Disability Index* (WHDI). Intervensi yang diberikan meliputi *Infra Red*, *Contract Relax Exercise*, dan *Free Active Exercise*.

Kata Kunci : *Post ORIF Fraktur Radius 1/3 Distal*, *Infra Red*, *Contract Relax Exercise*, *Free Active Exercise*

IMPLEMENTATION OF PHYSIOTHERAPY USING INFRARED AND CONTRACT RELAX EXERCISE AND FREE ACTIVE EXERCISE IN IMPROVING RANGE OF MOTION IN POST ORIF ORIF DISTAL FRACTURE 1/3 RADIUS

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Abstract

Background: is the placement of internal fixation on the distal part of the fractured radius bone. This fracture is one of the most common types of bone fractures worldwide, with an incidence of approximately 17.5%, mainly caused by traffic accidents and falls from height. Problems that may arise include pain, decreased muscle strength, stiffness, limited range of motion, and functional impairment. Physiotherapy plays an important role in managing this condition to help patients return to functional activities. **Objective** This study aims to identify the physiotherapy process through the application of Infrared therapy and exercise therapy, including contract relax exercise and free active exercise, in reducing range of motion limitations in cases of post-ORIF distal one-third radius fractures. **Research Methode :** This study used a case report method involving a 62-year-old female patient, Mrs. M, who experienced pain during hand movements, difficulty gripping, swelling, and limitations in daily activities. After six therapy sessions, there was a reduction in pain and swelling, improvement in muscle strength and range of motion, as well as a decrease in the WHDI score. **Result :** The results of this study showed that the application of Infrared therapy and exercise therapy, including contract relax exercise and free active exercise, in a case of post-ORIF distal one-third radius fracture led to reduced pain and swelling, increased muscle strength and range of motion, and a decrease in the WHDI score. **Conclusion :** In a patient with a post-ORIF distal one-third radius fracture, pain was assessed using the Visual Analogue Scale (VAS), muscle strength with the Manual Muscle Test (MMT), range of motion with a goniometer, and wrist function with the Wrist Hand Disability Index (WHDI). The interventions provided included Infrared therapy, contract relax exercise, and free active exercise.

Keywords: Post ORIF Fraktur Radius 1/3 Distal, Infra Red, Contract Relax Exercise, Free Active Exercise.