

PENATALAKSANAAN FISIOTERAPI PADA KASUS *PLANTAR FASCIITIS* DI PERSIJA *DEVELOPMENT*

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Abstrak

Latar belakang: *Plantar fasciitis* merupakan penyebab umum nyeri tumit dan telapak kaki yang memengaruhi kualitas hidup. Kondisi ini melibatkan peradangan atau degenerasi pada *plantar fascia* dan sering dikaitkan dengan aktivitas fisik serta faktor risiko seperti tipe kaki. Penatalaksanaan yang komprehensif, khususnya fisioterapi, sangat penting untuk mengurangi nyeri, memulihkan fungsi, dan mencegah kekambuhan. **Metode penelitian:** Studi ini menggunakan desain studi kasus untuk menganalisis penatalaksanaan fisioterapi pada pasien *plantar fasciitis*. Pengumpulan data dilakukan melalui observasi, pemeriksaan fisik, wawancara, serta tinjauan rekam medis dan literatur. **Hasil:** Intervensi fisioterapi yang diterapkan mencakup modalitas fisik, latihan terapeutik, dan edukasi, disesuaikan dengan kebutuhan pasien. Intervensi fisioterapi *isometric with resistance band*, *graston technique*, dan *toe curls exercise* yang diberikan secara signifikan mengurangi nyeri, meningkatkan kekuatan otot, meningkatkan rentang gerak sendi dan meningkatkan fungsi gerak. Setelah penggunaan graston pasien melaporkan penurunan nyeri dan peningkatan kemampuan fungsional, serta perbaikan fleksibilitas dan kekuatan otot. **Kesimpulan:** Pada penatalaksanaan fisioterapi pada kasus *plantar fasciitis*, dilakukan pemeriksaan fungsional dengan FAAM, nyeri dengan nrs, kekuatan otot dengan dynamometer, active range of motion dengan goniometer, antropometri dengan medline. Intervensi yang digunakan untuk menyelesaikan problem tersebut adalah *isometric with resistance band*, *graston technique*, dan *toe curls exercise*.

Kata Kunci: *Plantar Fasciitis*, Fisioterapi, Terapi Latihan, *Graston technique*, Nyeri.

PHYSIOTHERAPY MANAGEMENT IN CASES OF PLANTAR FASCIITIS AT PERSIJA DEVELOPMENT

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Abstract

Background: Plantar fasciitis is a common cause of heel and sole pain, significantly impacting quality of life. This condition involves inflammation or degeneration of the plantar fascia and is frequently associated with physical activity and risk factors such as foot type. Comprehensive management, particularly physiotherapy, is crucial for pain reduction, functional restoration, and prevention of recurrence. **Methods:** This study utilized a case study design to analyze the physiotherapy management of a patient diagnosed with plantar fasciitis. Data collection was performed through direct observation, physical examination, patient interviews, and a review of medical records and relevant literature. **Results:** The implemented physiotherapy interventions, including physical modalities, therapeutic exercises, and patient education, were tailored to the patient's individual needs. Specifically, isometric exercises with a resistance band, Graston technique, and toe curls significantly reduced pain, increased muscle strength, improved joint range of motion, and enhanced overall functional ability. Following the Graston technique application, the patient reported a significant decrease in pain and an increase in functional capacity, alongside improved flexibility and muscle strength. Physiotherapy proved to be an effective and crucial approach in the conservative management of plantar fasciitis. **Conclusion:** For the physiotherapy management of plantar fasciitis, functional examination was conducted using the Foot and Ankle Ability Measure (FAAM), pain was assessed with the Numeric Rating Scale (NRS), muscle strength with a dynamometer, active range of motion with a goniometer, and anthropometry with a Medline tape measure. The interventions utilized to address these problems were isometric exercises with a resistance band, Graston technique, and toe curls.

Keywords: Plantar Fasciitis, Physiotherapy, Therapeutic Exercise, Graston technique, Pain.