PENATALAKSANAAN FISIOTERAPI PADA KASUS *POST OPERASI ORIF FRAKTUR KRURIS 1/3 DISTAL*

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Abstrak

Penelitian ini merupakan studi kasus pada pasien wanita berusia 29 tahun, seorang karyawan dan ibu rumah tangga, yang mengalami fraktur kruris 1/3 distal (tulang tibia dan fibula) akibat terjatuh dari tangga di rumahnya sehingga memerlukan tindakan Open Reduction Internal Fixation (ORIF). Pengumpulan data dilakukan melalui anamnesis, inspeksi, palpasi, pengukuran lingkup gerak sendi, dan penilaian fungsional dengan Lower Extremity Scale. Manifestasi klinis pasca ORIF meliputi nyeri, keterbatasan lingkup gerak sendi (LGS) pergelangan kaki, penurunan kekuatan otot, dan penurunan kemampuan fungsional. Intervensi fisioterapi yang diberikan adalah Transcutaneous Electrical Nerve Stimulation (TENS) untuk mengurangi nyeri, stretching pergelangan kaki untuk meningkatkan LGS, *Latihan Resistance Band Ankle* untuk memelihara kontraksi otot, serta latihan naik turun tangga bertahap untuk meningkatkan kekuatan otot ekstremitas bawah dan kemampuan fungsional. Hasil penelitian menunjukkan adanya perbaikan signifikan dalam hal penurunan nyeri, peningkatan LGS pergelangan kaki, peningkatan kekuatan otot, dan perbaikan kemampuan fungsional pasien setelah menjalani 4 kali fisioterapi.

Kata Kunci: Fraktur Kruris, ORIF, Fisioterapi, TENS, Rehabilitasi Fungsional

PHYSIOTHERAPY MANAGEMENT IN CASES OF POST-OPERATIVE ORIF DISTAL 1/3 CRURAL FRACTURE

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Abstract

This research is a case study of a 29-year-old female patient, an employee and housewife, who experienced a 1/3 distal cruris fracture (tibia and fibula bones) due to falling from stairs at home, necessitating Open Reduction Internal Fixation (ORIF) procedure. Data collection was conducted through anamnesis, inspection, palpation, range of motion measurement, and functional assessment using the Lower Extremity Scale. Post-ORIF clinical manifestations included pain, limited ankle range of motion (ROM), decreased muscle strength, and reduced functional ability. Physiotherapy interventions provided were Transcutaneous Electrical Nerve Stimulation (TENS) to reduce pain, ankle stretching to improve ROM, Resistance Band Ankle exercise to maintain muscle contraction, and gradual stair climbing exercises to enhance lower extremity muscle strength and functional ability. Research results showed significant improvements in pain reduction, increased ankle ROM, improved muscle strength, and enhanced functional ability after 4 physiotherapy sessions.

Keywords: Cruris Fracture, ORIF, Physiotherapy, TENS, Functional Rehabilitation