

PENATALAKSANAAN FISIOTERAPI PADA KASUS *DOWN SYNDROME* DI RUMAH SAKIT ANAK DAN BUNDA HARAPAN KITA

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Abstrak

Latar belakang: *Down Syndrome* merupakan kelainan genetic yang terjadi akibat trisomy kromosom 21, sehingga bayi memiliki 47 kromosom. Kondisi ini menyebabkan berbagai gangguan perkembangan, termasuk hypotonia, kelonggaran sendi, gangguan sensorik dan keterlambatan motorik, Fisioterapi berperan penting dalam menangani gangguan tersebut agar anak dapat mencapai kemandirian fungsional. **Tujuan:** untuk mengetahui proses penatalaksanaan fisioterapi pada anak dengan gangguan *Down Syndrome*, untuk mengetahui pemeriksaan fisioterapi yang dilakukan, untuk mengetahui problem apa yang terjadi pada gangguan *Down Syndrome*. **Metode:** penelitian ini dilakukan dengan diagnosa medis *Down Syndrome*. dilakukan pemeriksaan fisioterapi menggunakan GMFM, DDST, sensori integrasi, *join laxity*, refleks primitif. Di berikan intervensi NDT(*Neuro developmental treatmen*) dan stimulasi sensori **Hasil:** dilakukan dengan 3 kali pertemuan, dengan menggunakan intervensi NDT (*Neuro developmental treatment*) dan juga stimulasi sensori, terdapat peningkatan GMFM (*Gross motor function measure*) mengalami peningkatan score dari 45,08% pada pertemuan pertama dan pada pertemuan ke tiga mengalami peningkatan score menjadi 46,59%, adanya kesetabilan saat berdiri pada evaluasi *proprioceptive*, perubahan respon terhadap gangguan sensitivitas taktil, dan juga untuk fungsi motorik. **Kesimpulan:** penatalaksanaan fisioterapi dengan pendekatan NDT dan stimulasi sensorik memberikan hasil positif pada peningkatan Motorik dan sensorik pada anak *Down Syndrome*. Peningkatan tonus otot, kesetabilan postural.

Kata Kunci: *Down Syndrome*, Fisioterapi, Stimulasi Sensorik, *Neuro Development Treatment*

PHYSIOTHERAPY MANAGEMENT IN CASE OF DOWN SYNDROME AT THE HOSPITAL ANAK DAN BUNDA HARAPAN KITA

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Abstract

Background: Down Syndrome is a genetic disorder caused by trisomy of chromosome 21, resulting in the baby having 47 chromosomes. This condition leads to various developmental issues, including hypotonia, joint laxity, sensory disturbances, and motor delay, physiotherapy plays an important role in managing these impairments to help the child achieve functional independence. **Objective:** to determine the physiotherapy management process in children with Down Syndrome, to identify the physiotherapy assessments conducted, and to determine the problems associated with Down Syndrome. **Method:** This study was conducted on a child with medical diagnosis of Down Syndrome. Physiotherapy assessments included GMFM (Gross Motor Function Measure), DDST (Denver Developmental Screening Test), sensory integration, joint laxity evaluation, and primitive reflexes. Interventions provided included NDT (Neurodevelopmental Treatment) and sensory stimulation. **Result:** Conducted over three sessions using NDT and sensory stimulation interventions, there was an improvement in the GMFM score from 45.08% in the first session to 46.59% in the third session. Improvements were also observed in standing stability during proprioceptive evaluation, changes in responses to tactile sensitivity disturbances, and overall motor function. **Conclusion:** Physiotherapy management using the Neuro Developmental Treatment NDT approach and sensory stimulation produced positive outcomes in motor and sensory improvement in children with Down Syndrome, including enhanced muscle tone and postural stability.

Keywords: Down Syndrome, Physiotherapy, Sensory Stimulation, Neuro Developmental Treatment