

PELAKSANAAN FISIOTERAPI DALAM MENANGANI PROBLEMATIK FISIOTERAPI PADA KASUS TENNIS ELBOW

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Abstrak

Latar Belakang: Tennis *Elbow*, atau lateral epicondylitis, adalah kondisi yang ditandai oleh peradangan pada tendon ekstensor di sisi lateral siku. Gejala yang muncul dapat menyebabkan nyeri yang signifikan dan membatasi gerakan, sehingga berdampak pada aktivitas sehari-hari pasien. Penelitian menunjukkan bahwa kondisi ini dapat mengurangi kemampuan fungsional pasien hingga 75% pada tangan yang dominan. **Tujuan:** Penelitian ini bertujuan untuk mengeksplorasi penatalaksanaan fisioterapi pada kasus tennis *Elbow* dengan menggunakan beberapa modalitas. Intervensi fisioterapi dilakukan sebanyak tiga kali dalam periode tiga minggu. **Metode:** Dalam penelitian ini, alat ukur yang digunakan meliputi *Visual Analog Scale* (VAS) untuk menilai tingkat nyeri yang dialami pasien, *Patient Rated Tennis Elbow Evaluation* (PRTEE) untuk mengukur kemampuan fungsional dalam aktivitas sehari-hari, dan *International Standard Orthopedic Measurement* (ISOM) untuk mengukur rentang gerak sendi dengan bantuan goniometer. Proses pengumpulan data dilakukan melalui wawancara, pengukuran, dan observasi selama sesi terapi. **Hasil:** Setelah penerapan intervensi yang meliputi penggunaan *Ultrasound*, *Eccentric exercise*, *Stretching Exercise*, dan *Isometric Exercise* hasil evaluasi menunjukkan adanya peningkatan yang signifikan dalam rentang gerak sendi, penurunan tingkat nyeri, serta peningkatan kemampuan fungsional pasien. **Kesimpulan:** Secara keseluruhan, penelitian ini menunjukkan bahwa penggunaan modalitas *Ultrasound*, *Eccentric exercise*, *Stretching Exercise*, dan *Isometric Exercise* dalam mengurangi nyeri dan meningkatkan rentang gerak sendi pada pasien dengan tennis *Elbow*.

Kata Kunci : *Tennis Elbow, Ultrasound, Eccentric exercise, Passive Stetching, Isometric Exercise, Patient Rated Tennis Elbow Evaluation.*

IMPLEMENTATION OF PHYSIOTHERAPY IN ADDRESSING PHYSIOTHERAPY ISSUES IN TENNIS ELBOW CASES

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Abstract

Background: Tennis Elbow, or lateral epicondylitis, is a condition characterized by inflammation of the extensor tendon on the lateral side of the Elbow. The symptoms can cause significant pain and limit movement, thereby impacting the patient's daily activities. Research indicates that this condition can reduce the functional capacity of patients by up to 75% in their dominant hand. **Objective:** This study aims to explore the management of physiotherapy for cases of tennis Elbow using various modalities. Physiotherapy interventions were conducted three Waktus over a period of three weeks. **Methods:** In this study, the measurement tools used included the Visual Analog Scale (VAS) to assess the level of pain experienced by the patient, the Patient Rated Tennis Elbow Evaluation (PRTEE) to evaluate functional ability in daily activities, and the International Standard Orthopedic Measurement (ISOM) to measure the range of motion of the Joint with the aid of a goniometer. Data collection was carried out through interviews, measurements, and observations during therapy sessions. **Results:** Following the implementation of interventions that included Ultrasound, Eccentric exercise, Stretching Exercise, and Isometric Exercise, the evaluation results showed significant improvements in Joint range of motion, a reduction in pain levels, and an enhancement in the patient's functional ability. **Conclusion:** Overall, this study demonstrates that the use of Ultrasound, Eccentric exercise, Stretching Exercise, and Isometric Exercise is effective in reducing pain and improving the range of motion in patients with tennis Elbow.

Keywords: Tennis Elbow, Ultrasound, Eccentric exercise, Passive Stetching, Isometric Exercise, Patient Rated Tennis Elbow Evaluation