

PELAKSANAAN FISIOTERAPI PADA KASUS *FROZEN SHOULDER* *ET CAUSA BURSITIS*

Silmi Ridhiya Ulya

Abstrak

Latar Belakang: *Frozen Shoulder* merupakan suatu kondisi patologis pada sistem muskuloskeletal yang ditandai oleh nyeri disertai dengan keterbatasan progresif pada lingkup gerak sendi (LGS), baik aktif maupun pasif. Kondisi ini dapat disebabkan oleh berbagai faktor, salah satunya adalah peradangan pada bursa (bursitis). **Tujuan:** Dilakukannya penelitian ini untuk memahami pelaksanaan fisioterapi dalam menurunkan nyeri dan meningkatkan LGS pada *kasus Frozen Shoulder et causa Bursitis* menggunakan modalitas *ultrasound, latihan finger walk, hold relax, dan mobilization with movement*. **Metode:** Penelitian ini dilaksanakan dengan metode studi kasus (case study), di mana subjek penelitian terdiri dari satu sampel pada pasien berusia 65 tahun. Pemeriksaan dilakukan melalui pengukuran nyeri (VAS), pemeriksaan lingkup gerak sendi, kekuatan otot (MMT), dan aktivitas fungsional (SPADI). **Hasil:** Hasil terapi menunjukkan penurunan nyeri hingga 2 grade, peningkatan LGS 5–10°, kekuatan otot meningkat menjadi 5, berkurangnya spasme, dan penurunan skor SPADI dari 59% menjadi 48%. **Kesimpulan:** Pelaksanaan fisioterapi pada kasus *frozen shoulder et causa bursitis* ini menggunakan pendekatan berupa modalitas *ultrasound, finger walk exercise, hold-relax exercise, serta mobilization with movement*. Pendekatan ini menggambarkan salah satu bentuk intervensi fisioterapi yang dapat diterapkan dalam praktik klinis pada kondisi serupa.

Kata Kunci: *Frozen Shoulder, Bursitis, Ultrasound, Hold Relax, Finger Walk, Mobilization with Movement.*

PHYSIOTHERAPY MANAGEMENT IN A CASE OF FROZEN SHOULDER ET CAUSA BURSITIS

Silmi Ridhiya Ulya

Abstract

Background: Frozen Shoulder is a pathological condition of the musculoskeletal system characterized by pain accompanied by progressive limitation of the range of motion (ROM), both actively and passively. This condition may be caused by various factors, one of which is inflammation of the bursa (bursitis). **Objective:** This study aims to investigate how physiotherapy can alleviate pain and enhance range of motion (ROM) in cases of frozen shoulder with bursitis, utilizing ultrasound, finger walk exercises, the hold-relax technique, and mobilization with movement (MWM). **Method:** This research employed a case study design, involving a single subject, a 65-year-old male patient. Assessments were conducted using pain measurement (VAS), range of motion (ROM), muscle strength (MMT), and functional activity (SPADI). **Results:** The intervention reduced pain by up to 2 grades, increased ROM by 5–10°, improved muscle strength to grade 5, reduced muscle spasm, and decreased the SPADI score from 59% to 48%. **Conclusion:** The physiotherapy intervention in this case of frozen shoulder et causa bursitis involved the use of ultrasound modality, finger walk exercise, hold-relax technique, and mobilization with movement (MWM). This approach illustrates one of the physiotherapy management strategies that can be applied in clinical practice for similar conditions.

Keywords: Frozen Shoulder, Bursitis, Ultrasound, Hold Relax, Finger Walk, Mobilization with Movement