

PEMBERIAN INTERVENSI *ULTRASOUND*, DAN *CLOSED KINETIC CHAIN EXERCISE* UNTUK MENINGKATKAN LINGKUP GERAK SENDI PADA PENDERITA *OSTEOARTHRITIS* LUTUT

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Abstrak

Osteoarthritis lutut adalah penyakit degeneratif yang menyebabkan nyeri lutut, kekakuan sendi, defisit proprioception, penurunan kekuatan otot dan gangguan koordinasi. Faktor yang memicu resiko terjadinya Osteoarthritis diantaranya umur, jenis kelamin, aktivitas fisik, obesitas, penyakit metabolic dan genetik. Tujuan dari penulisan Karya Tulis Ilmiah Akhir adalah untuk mengetahui hasil dari pemberian Utrasound, dan Closed Kinetic Chain Exercise dapat meningkatkan Lingkup Gerak Sendi pada penderita osteoarthritis lutut. Desain Studi Karya Tulis Ilmiah Akhir ini adalah pre post case study design, waktu pengambilan data dilaksanakan dari 4 Oktober sampai 30 Oktober yang dilaksanakan di Rumah Sakit RSPAD Gatot Soebroto Jakarta Pusat. Parameter yang digunakan untuk mengukur fungsional adalah GONEOMETER. Intervensi diberikan sebanyak 12 kali selama 4 minggu. Berdasarkan hasil evaluasi didapatkan peningkatan Lingkup Gerak Sendi yang semula 105° menjadi 120°. Kesimpulan pemberian Utrasound dan Closed Kinetic Chain Exercise dapat meningkatkan Lingkup Gerak Sendi pada penderita Osteoarthritis lutut.

Kata Kunci : Lingkup Gerak Sendi, Closed Kinetic Chain Exercise, Osteoarthritis, Utrasound.

THE INTERVENTION OF ULTRASOUND, AND CLOSED KINETIC CHAIN EXERCISE TO INCREASE LINGKUP GERAK SENDI IN PATIENTS KNEE OSTEOARTHRITIS

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Abstract

Knee osteoarthritis is a degenerative disease that causes knee pain, joint stiffness, proprioception deficit, decreased muscle strength and impaired coordination. Factors that trigger the risk of Osteoarthritis include age, sex, physical activity, obesity, metabolic and genetic diseases. The purpose of writing Final Scientific Writings is to find out the results of Ultrasound giving, and Closed Kinetic Chain Exercise can increase Joint Motion Scope in patients with knee osteoarthritis. This Final Scientific Writing Study Design is a pre post case study design, the time of data collection was carried out from October 04th to October 30th 2018 which was carried out at the Hospital of Gatot Soebroto Central Jakarta Hospital. The parameter used to measure functional is GONEOMETER. Intervention is given 12 times for 4 weeks. Based on the evaluation results, an increase in Joint Motion Scope was originally 105 ° to 120 °. The conclusion of the provision of Ultrasound and Closed Kinetic Chain Exercise can increase the Scope of Joint Motion in patients with knee Osteoarthritis.

Keywords: Joint Motion Scope, Closed Kinetic Chain Exercise, Osteoarthritis, Ultrasound.