

# **INTERVENSI SHORT WAVE DIATHERMY DAN TERAPI MOBILISASI SENDI UNTUK MENGURANGI NYERI PADA KASUS CARPAL TUNNEL SYNDROME**

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## **Abstrak**

Carpal Tunnel Syndrome merupakan entrapment neuropaty dan paling sering terjadi. Terjadinya sindroma ini akibat adanya tekanan nervus medianus pada saat melewati terowongan karpal di pergelangan tangan tepatnya di bawah flektor retinaculum yang menyebabkan nyeri dan keterbatasan gerak. Intervensi yang diberikan dapat berupa SWD dan Terapi Mobilisasi Sendi. Tujuan studi ini untuk menganalisa perubahan skala nyeri pada penderita CTS setelah di berikan intervensi SWD dan mobilisasi sendi selama 15 kali. Metode nya studi kasus,dengan menganalisa problem pada penderita CTS. Teknik pengambilan data dengan cara wawancara dan pengukuran pemeriksaan,waktu pengambilan data bulan juni sampai dengan Juli 2015 di Rsud Cengkareng. Data disajikan dan dianalisa secara deskriptif. Intervensi SWD dengan dosis 5 kali seminggu selama 3 minggu dengan intensitas 60 watt selama 20 menit menggunakan metode contraplanar continuous dan mobilisasi sendi diberikan dengan dosis 5 kali seminggu selama 3 minggu selama 15 menit dengan pengulangan 3 kali. Hasil studi ini ditemukan pasien berjenis kelamin perempuan dengan usia 32 tahun dengan problem nyeri pada pergelangan tangan, kesemutan dan gangguan menggenggam. Setelah diberikan intervensi selama 15 kali terapi diperoleh nyeri gerak palmar fleksi aktif berkurang menjadi 1,5 dan gerak palmar fleksi pasif berkurang menjadi 0,3. Darihasil ini disimpulkan bahwa nyeri gerak palmar fleksi baik aktif maupun pasif berkurang setelah diberikan intervensi SWD dan mobilisasi sendi sebanyak 15 kali.

**Kata Kunci:** CTS, SWD, Mobilisasi Sendi

# **INTERVENTION OF SHORT WAVE DIATHERMY AND JOINT MOBILIZATION TO REDUCE THE PAIN IN CASE OF CARPAL TUNNEL SYNDROME**

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## **Abstract**

Carpal Tunnel Syndrome is entrapment neuropathy and most often occur. The occurrence of this syndrome due to the pressure of the nervus medianus on as it passes through the carpal tunnel in the wrist flexor retinaculum under exactly which causes pain and limitation of motion. A given intervention may take the form of joint Mobilization Therapy and SWD. The purpose of this study is to analyze the changing scale of pain in sufferers of CTS after a given intervention SWD and joint mobilization for 15 times. His method of case study, by analyzing the problem in people with CTS. Engineering data retrieval by means of interviews and the examination of measurement, time data retrieval from June until July 2015 in the provincial hospital Cengkareng. The data are presented and analysed in deskriptif. Intervention SWD with the dose 5 times a week for 3 weeks with the intensity of a 60 watt bulb for 20 minutes using the contraplanar method of continuous and joint mobilization is given with the dose 5 times a week for 3 weeks for 15 minutes with a repeat 3 times. The results of this study found women-sex with patient age 32 years old with problems of pain in the wrist, tingling and grasping. After being given 15 times during the intervention therapy of acquired motion pain palmar fleksi active reduced to 1.5 and motion palmar fleksi passive reduced to 0.3. This concluded that motion pain palmar fleksi both active as well as passive lessened after provided intervention SWD and the joint mobilization as much as 15 times.

**Keyword:** CTS, SWD, Joint Mobilization