PENATALAKSANAAN FISIOTERAPI PADA KASUS OSTEOARTHRITIS KNEE DEXTRA

Laura Amelia Putri

Abstrak

Latar Belakang: Osteoarthritis Knee merupakan penyakit degeneratif pada sendi lutut yang ditandai dengan kerusakan tulang rawan artikular. Berdasarkan proyeksi Global Burden of Disease (GBD) 2023 kasus osteoarthritis diperkirakan akan melonjak signifikan pada tahun 2050 peningkatan ini mencakup kenaikan sebesar 74,9% pada OA lutut selain itu jenis OA lainnya diprediksi akan mengalami lonjakan tertinggi mencapai 95,1%. Kondisi ini sering terjadi akibat proses penuaan, obesitas dan faktor degeneratif lainnya. Fisioterapi berperan dalam mengurangi nyeri, meningkatkan lingkup gerak sendi, mempertahankan otot serta meningkatkan fungsional. **Tujuan:** untuk mengetahui penatalaksanaan fisioterapi osteoarthritis knee dextra **Metode:** Studi kasus ini dilakukan pada seorang pasien perempuan usia 62 tahun pada tanggal 04 Februari 2026 dengan keluhan nyeri, Pemeriksaan fisoterapi untuk menilai tingkat nyeri menggunakan Visual Analog Scale, untuk menilai kekuatan otot menggunakan Manual Muscle Testing, untuk menilai pengukuran fungsional Western Ontario and McMaster Universitas Osteoarthritis Index (WOMAC). Intervensi fisioterapi diberikan selama 4 kali pertemuan yang mencakup penggunaan transcutaneus *electrical nerve stimulation, ultrasound* dan terapi latihan *quadriceps setting exercise, hold relax exercise dan free active movement exercise*. **Hasil:** Hasil terapi sebanyak 4 kali didapat hasil penilain nyeri pada nyeri diam T1: 2 menjadi T4: 1, nyeri tekan T1: 3 menjadi T4: 2, nyeri gerak T1: 5 menjadi T4: 3, peningkatan lingkup gerak sendi: TI:S 0-0-125 menjadi T4: S 0-0-130. Hasil evaluasi selama 4 kali pertemuan terdapat penurunan nyeri dan peningkatan lingkup gerak sendi **Kesimpulan:** terdapat penurunan nyeri, dan peningkatan lingkup gerak sendi.

Kata Kunci: *Free Active movement Exercise, Hold relax Exercise, Quadriceps Setting Exercise, TENS, Ultrasound*

IMPLEMENTATION PHYSIOTHERAPY IN THE CASE OF OSTEOARTHRITIS KNEE DEXTRA

Laura Amelia Putri

Abstrack

Background: Osteoarthritis (OA) is a degenerative disease of the knee joint characterized by damage to the articular cartilage . based on the 2023 Global Burden of Disease (GBD) projection osteoarthritis cases are expected to increase significanty by 2050. This increase includes a 74.9% increase in knee OA. In addition other types of OA are predicted to experience the highest increase of 95.1 %. This condition often occurs due to aging, obesity and other degenerative factors. Physical therapy plays a role in reducing pain, increasing range of motion, maintaining muscle strength and improving function. **Objective:** to find out the physiotherapy management of osteoarthritis knee dextra, specifically therapeutic modalities and exercise therapy, in patients with knee dextra osteoarthritis. **Method:** This case study was conducted on a 62 years old on February 4, 2026 female patient presenting with complaints of pain. With complaints of pain Physical therapy examination to asses the level pain using the *Visual Analogue Scale,* to assess muscle strength using *Manual Muscle Testing*, to assess functional measurements of the *Western Ontario and McMaster Universities Osteoarthritis Index* (WOMAC). Physiotherapy interventions were provided over 4 sessions, including transcutaneous electrical nerve stimulation, ultrasound and exercise therapy consisting of quadriceps setting exercise, hold relax exercise and free active movement exercise. **Results:** After 4 therapy sessions, pain scored improved: rest pain T1: 2 to T4: 1, pressure pain T1: 3 to T4: 2, movement pain T1: 5 to T4: 3 and joint range of motion increased from T1: S 0-0-125 TO T4: S 0-0-130. The result of the evaluation during 4 meetings showed a decrease in pain and an increase in the range of joint motion **Conclusion :** there is a decrease in pain and an increase in the range of motion of the joints.

Keywords: *Free Active movement Exercise, Hold relax Exercise, Quadriceps Setting Exercise, TENS, Ultrasound.*