

PENATALAKSANAAN FISIOTERAPI PADA KASUS *CEREBRAL PALSY SPASTIC QUADRIPLÉGIA* DI KITTY CENTRE

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Abstrak

Latar Belakang : *Cerebral Palsy Spastic Quadriplegia* ditandai dengan keterlibatan keempat ekstremitas dan merupakan sekitar 20% dari kasus *Cerebral Palsy*. Kondisi ini sering berkaitan dengan riwayat kelahiran prematur serta memiliki prognosis yang kurang baik dalam mencapai kemampuan berjalan mandiri. Manifestasi klinis meliputi spastisitas, gangguan postur, dan keterbatasan fungsi motorik, serta sering disertai gangguan sensorik, kognitif, komunikasi, perilaku, epilepsi, dan komplikasi muskuloskeletal sekunder. **Tujuan :** Untuk identifikasi pemeriksaan khusus fisioterapi, problematika fisioterapi, intervensi fisioterapi dan juga hasil evaluasi pada pasien yang mengalami *Cerebral Palsy Spastic Quadriplegia* di Kitty Centre. **Metode :** Karya tulis ilmiah ini menggunakan metode studi kasus yang mencakup pengumpulan data pasien berupa identitas, anamnesis, hasil pemeriksaan fisioterapi, intervensi yang diberikan, serta evaluasi hasil terapi. **Hasil :** Hasil evaluasi menunjukkan adanya perbaikan pada *head control*, penurunan tonus otot dan spastisitas (MAS), serta peningkatan skor GMFM sebesar 1,9% pada dimensi A. Perubahan tersebut dipengaruhi oleh kombinasi intervensi fisioterapi berupa *massage, stretching, patterning, standing frame*, latihan *head control, hand support*, posisi merangkak, serta pemberian injeksi botox. Namun, tidak ditemukan perubahan pada level GMFCS, refleks primitif, dan fungsi sensorik. **Kesimpulan :** Hasil pemeriksaan fisioterapi melalui anamnesis, inspeksi, palpasi, antropometri, MAS, GMFM-88, GMFCS, pemeriksaan refleks primitif, dan sensorik menunjukkan adanya spastisitas, peningkatan tonus otot, gangguan sensorik, refleks primitif yang menetap, serta gangguan kontrol postural, *head control*, dan *hand support* pada pasien *Cerebral Palsy Spastic Quadriplegia*. Intervensi fisioterapi berupa *massage, stretching, patterning, standing frame*, latihan *head control, hand support*, dan posisi merangkak. Evaluasi menunjukkan penurunan spastisitas, perbaikan tonus otot, dan peningkatan kemampuan motorik kasar, sedangkan parameter lainnya belum menunjukkan perubahan yang signifikan.

Kata Kunci : *Cerebral Palsy Spastic Quadriplegia*, Fisioterapi, Spastisitas, *Massage dan Stretching*, Injeksi Botox

PHYSIOTHERAPY MANAGEMENT IN CASES OF CEREBRAL PALSY SPASTIC QUADRIPLÉGIA AT KITTY CENTRE

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Abstract

Background : Cerebral Palsy Spastic Quadriplegia is characterized by involvement of all four extremities and accounts for approximately 20% of Cerebral Palsy cases. This condition is often associated with a history of premature birth and has a poor prognosis in achieving independent walking ability. Clinical manifestations include spasticity, postural disorders, and limitations in motor function, and are often accompanied by sensory, cognitive, communication, behavioral disorders, epilepsy, and secondary musculoskeletal complications. **Objective :** To identify specific physiotherapy examinations, physiotherapy problems, physiotherapy interventions and also evaluation results in patients with Cerebral Palsy Spastic Quadriplegia at Kitty Center. **Method :** This scientific paper uses a case study method that includes collecting patient data in the form of identity, alloanamnesis, physiotherapy examination results, interventions given, and evaluation of therapy results. **Results :** The evaluation results showed an improvement in head control, decreased muscle tone and spasticity (MAS), and an increase in GMFM scores by 1.9% in dimension A. These changes were influenced by a combination of physiotherapy interventions in the form of massage, stretching, patterning, standing frame, head control exercises, hand support, crawling position, and Botox injection. However, no changes were found in the GMFCS level, primitive reflexes, and sensory function. **Conclusion :** The results of physiotherapy examinations through anamnesis, inspection, palpation, anthropometry, MAS, GMFM-88, GMFCS, primitive reflex examination, and sensory showed spasticity, increased muscle tone, sensory disturbances, persistent primitive reflexes, and impaired postural control, head control, and hand support in patients with Cerebral Palsy Spastic Quadriplegia. Physiotherapy interventions were in the form of massage, stretching, patterning, standing frame, head control exercises, hand support, and crawling position. The evaluation showed a decrease in spasticity, improved muscle tone, and increased gross motor skills, while other parameters did not show significant changes.

Keywords : Cerebral Palsy Spastic Quadriplegia, Physiotherapy, Spasticity, Massage and Stretching, Botox Injection