

PENATALAKSANAAN FISIOTERAPI PADA KONDISI *STRAIN QUADRICEPS* PADA PEMAIN SEPAK BOLA

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Abstrak

Strain quadriceps merupakan salah satu cedera otot yang sering terjadi pada pemain sepak bola, terutama akibat kontraksi eksentrik yang kuat dan mendadak saat melakukan sprint, perubahan arah, maupun gerakan menendang. Kondisi ini dapat menimbulkan nyeri pada regio anterior paha, penurunan kekuatan otot, serta keterbatasan fungsi gerak yang berdampak pada performa aktivitas olahraga. Karya tulis ilmiah ini bertujuan untuk mengetahui penatalaksanaan fisioterapi pada kasus strain quadriceps derajat II dalam fase proliferasi. Metode yang digunakan adalah studi kasus dengan pendekatan deskriptif melalui anamnesis, pemeriksaan fisik, serta evaluasi fisioterapi yang meliputi nyeri, lingkup gerak sendi, dan kekuatan otot. Intervensi fisioterapi yang diberikan berupa exercise therapy yang mencakup core activation, strengthening exercise, dan aerobic exercise yang dilakukan secara bertahap dan terkontrol. Hasil penatalaksanaan menunjukkan adanya penurunan nyeri, peningkatan kekuatan otot, serta perbaikan fungsi gerak, meskipun pemulihan belum sepenuhnya optimal. Dengan demikian, dapat disimpulkan bahwa exercise therapy berperan penting dalam proses rehabilitasi strain quadriceps, namun diperlukan program latihan yang berkelanjutan untuk mencegah risiko cedera berulang dan mengoptimalkan pemulihan fungsi.

Kata kunci: strain quadriceps, fisioterapi, exercise therapy, pemain sepak bola, rehabilitasi.

MANAGEMENT OF QUADRICEPS STRAIN CONDITIONS IN FOOTBALL PLAYERS

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Abstract

Quadriceps strain is one of the most common muscle injuries in soccer players, primarily caused by strong and sudden eccentric contractions during sprinting, direction changes, and kicking movements. This condition may lead to pain in the anterior thigh, decreased muscle strength, and limited functional movement, which in turn affects athletic performance. This scientific paper aims to examine the physiotherapy management of grade II quadriceps strain in the proliferative phase. The method used was a case study with a descriptive approach through anamnesis, physical examination, and physiotherapy evaluation, including pain assessment, joint range of motion, and muscle strength. The physiotherapy intervention consisted of exercise therapy, including core activation, strengthening exercise, and aerobic exercise, which were performed progressively and in a controlled manner. The results showed a reduction in pain, improvement in muscle strength, and enhanced functional movement, although recovery had not yet reached an optimal level. In conclusion, exercise therapy plays an important role in the rehabilitation process of quadriceps strain; however, a continued exercise program is still required to prevent re-injury and optimize functional recovery.

Keywords: quadriceps strain, physiotherapy, exercise therapy, soccer player, rehabilitation