PENATALAKSANAAN FISIOTERAPI PADA KASUS *METATARSALGIA*

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Abstrak

Latar Belakang : *Metatarsalgia* merupakan salah satu kondisi muskuloskeletal yang umum terjadi pada kaki, ditandai dengan nyeri pada area kepala metatarsal dan *forefoot* yang dapat mengganggu aktivitas sehari-hari. Tingginya prevalensi menjadikan *metatarsalgia* sebagai masalah klinis yang signifikan karena berkontribusi terhadap penurunan kualitas hidup, keterbatasan mobilitas, gangguan keseimbangan, serta peningkatan risiko jatuh. Kondisi ini umumnya ditandai dengan nyeri yang meningkat saat berjalan atau berdiri lama akibat tekanan berlebih pada daerah *forefoot*. Penatalaksanaan fisioterapi berperan penting dalam mengurangi nyeri dan meningkatkan fungsi melalui penggunaan modalitas seperti *Microwave Diathermy* (MWD), *Transcutaneous Electrical Nerve Stimulation* (TENS), serta *stretching exercise*, *strengthening exercise*, dan *gait training* guna memperbaiki biomekanika dan aktivitas fungsional pasien. **Tujuan :** Untuk mengetahui bagaimana penatalaksanaan fisioterapi pada pasien *Metatarsalgia*. **Metode :** Penelitian ini menggunakan pendekatan studi kasus (*case study*) yang dilaksanakan pada bulan Maret 2026 di Rumah Sakit Umum Daerah X, Jakarta Selatan, dengan subjek seorang pasien perempuan berusia 17 tahun dengan diagnosis *metatarsalgia*. Pengumpulan data dilakukan melalui wawancara, observasi, dan pengukuran klinis menggunakan instrumen berupa *Visual Analogue Scale* (VAS) untuk nyeri, goniometer untuk lingkup gerak sendi, *Manual Muscle Testing* (MMT) untuk kekuatan otot, serta *Revised Foot Function Index* (FFI-R) untuk menilai kemampuan fungsional. Intervensi fisioterapi yang diberikan berupa TENS, MWD, *Stretching Exercise*, *Strengthening Exercise*, dan *Gait Training*. **Hasil :** setelah diberikan intervensi terapi sebanyak 4 kali hasil yang didapatkan adalah adanya penurunan nyeri, peningkatan kekuatan otot, peningkatan lingkup gerak sendi, serta adanya peningkatan kemampuan fungsional. **Kesimpulan :** pemberian intervensi TENS dan MWD untuk mengurangi nyeri, *Stretching Exercise* untuk memperluas kemampuan lingkup gerak sendi, *Strengthening Exercise* untuk meningkatkan kekuatan otot, serta *Gait Training* untuk meningkatkan kemampuan fungsional.

Kata kunci : *Metatarsalgia*, MWD, *Strengthening Exercise*, *Stretching Exercise*, *Gait Training*

PHYSIOTHERAPY MANAGEMENT IN CASES OF METATARSALGIA

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Abstract

Background: Metatarsalgia is one of the common musculoskeletal conditions in the legs, characterized by pain in the head area of the metatarsal and fore*foot* that can interfere with daily activities. The high prevalence of metatarsalgia makes metatarsalgia a significant clinical problem because it contributes to decreased quality of life, limited mobility, balance disorders, and increased risk of falls. This condition is generally characterized by increased pain when walking or standing for a long time due to excessive pressure on the fore*foot* area. The management of physiotherapy plays an important role in reducing pain and improving function through the use of modalities such as Microwave Diathermy (MWD), Transcutaneous Electrical Nerve Stimulation (TENS), as well as stretching exercise, strengthening exercise, and gait training to improve the patient's biomechanics and functional activities. **Objective:** To find out how physiotherapy is administered in Metatarsalgia patients. **Methods:** This study used a case study approach which was carried out in March 2026 at Regional General Hospital X, South Jakarta, with a 17-year-old female patient with a diagnosis of metatarsalgia. Data collection was carried out through interviews, observations, and clinical measurements using instruments in the form of Visual Analogue Scale (VAS) for pain, goniometer for joint motion scope, Manual Muscle Testing (MMT) for muscle strength, and Revised *Foot* Function Index (FFI-R) to assess functional ability. The physiotherapy interventions provided are in the form of TENS, MWD, Stretching Exercise, Strengthening Exercise, and Gait Training. **Results:** after being given 4 therapeutic interventions, the results obtained were a decrease in pain, an increase in muscle strength, an increase in the range of joint movement, and an increase in functional ability. **Conclusion:** the provision of TENS and MWD interventions to reduce pain, Stretching Exercise to expand the range of joint movement, Strengthening Exercise to increase muscle strength, and Gait Training to improve functional ability.

Keywords : Metatarsalgia, MWD, Strengthening Exercise, Stretching Exercise, Gait Training