

PENATALAKSANAAN FISIOTERAPI PADA KASUS *FROZEN SHOULDER SINISTRA ET CAUSA TENDINITIS SUPRASPINATUS* DI RSU KOTA TANGERANG SELATAN

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Abstrak

Latar Belakang: *Frozen shoulder* merupakan kondisi patologis pada *shoulder* yang ditandai dengan adanya proses inflamasi, nyeri, perlengketan atrofi otot, serta pemendekan kapsul sendi. Kondisi ini dapat disebabkan oleh beberapa faktor salah satunya adalah *tendinitis supraspinatus*. Prevalensi *tendinitis supraspinatus* di Indonesia terjadi pada usia 30-70 tahun dengan kategori dewasa muda. **Tujuan:** Untuk mengetahui efektivitas intervensi dan modalitas fisioterapi pada *tendinitis supraspinatus* dalam mengurangi nyeri, meningkatkan lingkup gerak sendi, meningkatkan kekuatan otot, dan fungsional *shoulder*. **Metode:** Penelitian ini menggunakan metode studi kasus dengan satu orang pasien kondisi *frozen shoulder sinistra et causa tendinitis supraspinatus* sebagai sampel. **Hasil:** Hasil terapi yang dilakukan sebanyak 4 kali sesi terapi menunjukkan terdapat penurunan nyeri, peningkatan lingkup gerak sendi, peningkatan kekuatan otot, dan penurunan skor aktivitas fungsional menggunakan SPADI. **Kesimpulan:** *Ultrasound* dan *Transcutaneous Electrical Nerve Stimulation* (TENS) efektif dalam mengurangi intensitas nyeri, serta latihan *finger walk* dan *codman pendulum* efektif dalam peningkatan lingkup gerak sendi.

Kata Kunci: *Codman pendulum exercise, Finger walk exercise, Frozen shoulder Et Causa Tendinitis Supraspinatus, Transcutaneous Electrical Nerve Stimulation, Ultrasound.*

PHYSIOTHERAPY MANAGEMENT FOR A CASE OF LEFT FROZEN SHOULDER CAUSED BY SUPRASPINATUS TENDINITIS AT SOUTH TANGERANG CITY GENERAL HOSPITAL

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Abstract

Background: *Frozen shoulder* is a pathological condition of the shoulder characterized by inflammation, pain, muscle atrophy and adhesions, and shortening of the joint capsule. This condition can be caused by several factors, one of which is supraspinatus tendinitis. The prevalence of supraspinatus tendinitis in Indonesia occurs in individuals aged 30-70 years, falling within the young adult category. **Objective:** To determine the effectiveness of physiotherapy interventions and modalities for supraspinatus tendinitis in reducing pain, improving range of motion (ROM), increasing muscle strength, and enhancing shoulder function. **Methods:** The study employed a case study design with one patient presenting with left-sided *frozen shoulder* due to supraspinatus tendinitis as the sample. **Results:** The results of the therapy, conducted over 4 sessions, showed a reduction in pain, an increase in range of motion, an increase in muscle strength, and decrease in functional activity scores using the SPADI. **Conclusion:** *Ultrasound* and Transcutaneous Electrical Nerve Stimulation (TENS) are effective in reducing pain intensity, while the Finger Walk and *Codman pendulum exercises* are effective in improving range of motion.

Keywords: *Codman pendulum exercise, Finger walk exercise, Frozen shoulder Et Causa Tendinitis Supraspinatus, Transcutaneous Electrical Nerve Stimulation, Ultrasound.*