

PENATALAKSANAAN FISIOTERAPI PADA KASUS *TENNIS ELBOW*

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Abstrak

Latar Belakang: *Tennis elbow* akibat aktivitas berulang dan terus menerus dapat menimbulkan nyeri dan kekakuan pada sisi lateral siku yang mengganggu fungsi aktivitas sehari-hari. Prevalensi *tennis elbow* berkisar 1–3% pada populasi umum dan lebih sering terjadi pada usia produktif serta individu dengan aktivitas berulang. Fisioterapi memiliki peran penting dalam penatalaksanaan pada kondisi ini, dengan tujuan mengurangi nyeri, mempertahankan serta meningkatkan lingkup gerak sendi, dan meningkatkan kekuatan otot. Pendekatan yang digunakan meliputi kombinasi modalitas dan terapi latihan. Intervensi yang diberikan antara lain *ultrasound* (US) dan *Transcutaneous Electrical Nerve Stimulation* (TENS) untuk mengurangi nyeri, serta *eccentric exercise* dan *stretching exercise* untuk meningkatkan fleksibilitas dan kemampuan aktivitas fungsional. **Tujuan:** Untuk mengetahui penatalaksanaan fisioterapi pada kasus *tennis elbow*. **Metode:** Penelitian ini menggunakan metode studi kasus pada seorang laki-laki usia 36 tahun dengan diagnosis *lateral epicondylitis dextra*. Penelitian dilakukan sejak Februari sampai Maret 2026 di RSUP Dr. Sitanala, Tangerang. Pemeriksaan dilakukan menggunakan *Visual Analog Scale* (VAS) untuk nyeri, goniometer untuk mengukur lingkup gerak sendi, *Manual Muscle Testing* (MMT) untuk kekuatan otot, serta *Patient Rated Tennis Elbow Evaluation* (PRTEE) untuk menilai kemampuan fungsional. Intervensi fisioterapi yang diberikan meliputi *ultrasound* (US), *Transcutaneous Electrical Nerve Stimulation* (TENS), *eccentric exercise*, dan *stretching exercise*. **Hasil:** Setelah 5 kali intervensi, terjadi adanya penurunan nyeri, peningkatan lingkup gerak sendi, serta perbaikan nilai kemampuan aktivitas fungsional pasien. **Kesimpulan:** Terdapat penurunan nyeri melalui intervensi US dan TENS, peningkatan lingkup gerak sendi melalui *stretching exercise* dan *eccentric exercise*, serta perbaikan kemampuan fungsional melalui *eccentric exercise* dan *stretching exercise* yang dilakukan secara bertahap dan teratur.

Kata Kunci: *Eccentric Exercise, Stretching Exercise, Tennis Elbow, TENS, Ultrasound.*

PHYSIOTHERAPY MANAGEMENT IN *TENNIS ELBOW* CASES

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Abstract

Background: Tennis elbow due to repetitive and continuous activity can cause pain and stiffness on the lateral side of the elbow that interferes with the function of daily activities. The prevalence of tennis elbow ranges from 1–3% in the general population and is more common in productive age as well as individuals with repetitive activity. Physiotherapy has an important role in managing this condition, with the aim of reducing pain, maintaining and improving the range of motion of the joints, and increasing muscle strength. The approach used includes a combination of modalities and exercise therapy. Interventions provided include ultrasound (US) and Transcutaneous Electrical Nerve Stimulation (TENS) to reduce pain, as well as eccentric exercise and stretching exercise to improve flexibility and ability to function activities. **Objective:** To determine the management of physiotherapy in tennis elbow cases. **Methods:** This study used a case study method in a 36-year-old male with a lateral diagnosis of dextra-epicondylitis. The research was conducted from February to March 2026 at Dr. Sitanala Hospital, Tangerang. The examination was carried out using the Visual Analog Scale (VAS) for pain, goniometer to measure the range of motion of the joints, Manual Muscle Testing (MMT) for muscle strength, and Patient Rated Tennis Elbow Evaluation (PRTEE) to assess functional ability. The physiotherapy interventions provided include ultrasound (US), Transcutaneous Electrical Nerve Stimulation (TENS), eccentric exercise, and stretching exercise. **Results:** After 5 interventions, there was a decrease in pain, an increase in the range of joint movement, and an improvement in the value of the patient's functional activity ability. **Conclusions:** There was a reduction in pain through US and TENS interventions, an increase in the range of joint motion through stretching exercises and eccentric exercises, and improvements in functional abilities through eccentric exercise and stretching exercises that were carried out gradually and regularly.

Keywords: Eccentric Exercise, Stretching Exercise, Tennis Elbow, TENS, Ultrasound.