

PENATALAKSANAAN FISIOTERAPI PADA KASUS *DE QUERVAIN SYNDROME DEXTRA* DI RSKO JAKARTA

Intan Wahyu Purnama

Abstrak

Latar Belakang: *De Quervain syndrome* (DQs) merupakan salah satu gangguan muskuloskeletal yang ditandai dengan adanya peradangan pada tendon di area pergelangan tangan dan ibu jari, khususnya pada kompartemen dorsal pertama. Kondisi ini dapat menimbulkan keluhan berupa nyeri, keterbatasan lingkup gerak sendi, penurunan kekuatan otot, serta gangguan aktivitas fungsional tangan dalam melakukan aktivitas sehari-hari. Keluhan tersebut apabila tidak ditangani dengan tepat dapat memengaruhi kualitas hidup pasien dan menurunkan kemampuan fungsional ekstremitas atas. **Tujuan:** Penelitian ini bertujuan untuk mengetahui serta mengevaluasi efektivitas intervensi fisioterapi berupa modalitas elektroterapi, manual terapi, dan terapi latihan pada pasien dengan *De Quervain syndrome* (DQs). **Metode:** Penelitian menggunakan metode studi kasus pada seorang pasien perempuan berusia 54 tahun dengan diagnosis *De Quervain syndrome* (DQs). Program intervensi fisioterapi diberikan sebanyak empat kali pertemuan yang meliputi pemberian *ultrasound* (US), *Transcutaneous Electrical Nerve Stimulation* (TENS), mobilisasi sendi, *stretching exercise*, dan *strengthening exercise*. Evaluasi dilakukan terhadap intensitas nyeri, lingkup gerak sendi, kekuatan otot, serta kemampuan aktivitas fungsional pasien. **Hasil:** Hasil penelitian menunjukkan adanya penurunan intensitas nyeri, peningkatan lingkup gerak sendi, peningkatan kekuatan otot, serta perbaikan kemampuan aktivitas fungsional setelah diberikan intervensi fisioterapi secara bertahap dan terprogram. **Kesimpulan:** Intervensi fisioterapi berupa pemberian US, TENS, mobilisasi sendi, *stretching exercise*, dan *strengthening exercise* terbukti memberikan dampak positif dalam mengurangi gejala *De Quervain syndrome* (DQs), meningkatkan kemampuan fungsional pasien, serta mendukung proses pemulihan fungsi tangan secara optimal.

Kata Kunci : *De Quervain syndrome*; Manual Terapi; Terapi Latihan; *Transcutaneous Electrical Nerve Stimulation*; *Ultrasound*.

PHYSIOTHERAPY MANAGEMENT IN CASES OF DE QUERVAIN SYNDROME DEXTRA AT RSKO JAKARTA

Intan Wahyu Purnama

Abstract

Background: De Quervain syndrome (DQs) is a musculoskeletal disorder characterized by inflammation of the tendons in the wrist and thumb area, particularly in the first dorsal compartment. This condition can cause symptoms such as pain, limited range of motion, decreased muscle strength, and impaired functional hand activity in performing daily tasks. If not properly managed, these symptoms can affect the patient's quality of life and reduce upper extremity functional ability. **Objective:** This study aims to determine and evaluate the effectiveness of a physical therapy intervention comprising electrotherapy, manual therapy, and exercise therapy in patients with De Quervain syndrome (DQs). **Methods:** This study employed a case study design involving a 54-year-old female patient diagnosed with De Quervain syndrome (DQs). The physical therapy intervention program consisted of four sessions, including ultrasound (US) and Transcutaneous Electrical Nerve Stimulation (TENS), joint mobilization, stretching exercises, and strengthening exercises. Evaluations were conducted on pain intensity, range of motion, muscle strength, and the patients' functional activity capacity. **Results:** The study results showed a reduction in pain intensity, an increase in range of motion, an increase in muscle strength, and an improvement in functional activity capacity following a gradual and structured physical therapy intervention. **Conclusion:** Physical therapy interventions involving ultrasound (US), TENS, joint mobilization, stretching exercises, and strengthening exercises were proven to have a positive impact on reducing the symptoms of De Quervain syndrome (DQs), improving patients' functional ability, and supporting the optimal recovery of hand function.

Keywords: De Quervain syndrome; Ultrasound; Transcutaneous Electrical Nerve Stimulation; Manual therapy; Exercise therapy.