

PENATALAKSANAAN FISIOTERAPI PADA KASUS *AUTISM SPECTRUM DISORDER* DI SPECTRUM TREATMENT CENTRE

Sari Angelina Sinaga

Abstrak

Latar Belakang: *Autism Spectrum Disorder* (ASD) merupakan gangguan perkembangan yang ditandai dengan hambatan pada interaksi sosial, komunikasi, serta perilaku dan pola gerak yang repetitif, termasuk gangguan sensorik dan motorik seperti adanya pola berjalan jinjit (*toe walking*). Kondisi ini memerlukan penanganan fisioterapi komprehensif untuk meningkatkan fungsi gerak dan kemampuan fungsional anak. **Tujuan:** Untuk mengetahui hasil pemeriksaan, problematik fisioterapi, intervensi, serta evaluasi pada anak dengan *Autism Spectrum Disorder* (ASD). **Metode:** Penelitian ini menggunakan metode studi kasus pada seorang anak laki-laki berusia 10 tahun dengan diagnosa medis *Autism Spectrum Disorder* (ASD). Instrumen pemeriksaan yang dilakukan meliputi Inspeksi, Palpasi, Pengukuran ROM, *Foot Print*, PEDI-FSS, Antropometri, *Balance Error Scoring System* (BESS), *Gait Analysis*, *Sensory Profile 2*. Intervensi fisioterapi diberikan sebanyak tiga kali pertemuan pada tanggal 15 September hingga 16 Februari 2026 yang meliputi berupa sensori integrasi, hidroterapi, *stretching*, dan *postural correction* (*chin tuck exercise*). **Hasil:** Setelah tiga kali intervensi, hasil evaluasi menunjukkan belum adanya perubahan. Hanya saja adanya sedikit penurunan pada skor BESS dari 47 ke 43. Namun, pola berjalan jinjit (*toe walking*) masih ditemukan pada *gait analysis*, disertai *tightness* tendon *achilles* dan keterbatasan ROM ankle. *Sensory Profile 2* menunjukkan hipersensitivitas pada aspek *auditory* dan *tactile* yang belum mengalami perubahan. Intervensi fisioterapi yang diberikan secara bertahap dan berkelanjutan diharapkan dapat membantu meningkatkan kemampuan fungsional, kontrol postural, keseimbangan, serta partisipasi anak dalam aktivitas sehari-hari. Selain itu, edukasi kepada keluarga juga berperan penting dalam mendukung keberhasilan terapi dan perkembangan anak secara optimal.

Kata Kunci: *Autism Spectrum Disorder*, Fisioterapi, Sensori Integrasi, Hidroterapi, *Gait Analysis*, BESS, *Sensory Profile 2*.

PHYSIOTHERAPY MANAGEMENT IN CASES OF *AUTISM SPECTRUM DISORDER* AT SPECTRUM TREATMENT CENTRE

Sari Angelina Sinaga

Abstract

Background: Autism Spectrum Disorder (ASD) is a developmental disorder characterized by impairments in social interaction, communication, and repetitive behavior and movement patterns, including sensory and motor disorders such as toe walking. This condition requires comprehensive physiotherapy treatment to improve the child's motor function and functional abilities. **Objective:** To determine the results of examinations, problematic physiotherapy, interventions, and evaluations in children with Autism Spectrum Disorder (ASD). **Method:** This study used a case study method on a 10-year-old boy diagnosed with Autism Spectrum Disorder (ASD). The assessment instruments included inspection, palpation, range of motion (ROM) measurement, Foot Print Test, PEDI-FSS, anthropometry, Balance Error Scoring System (BESS), gait analysis, and Sensory Profile 2. Physiotherapy interventions were conducted in three sessions from September 15 to February 16, 2026, consisting of sensory integration, hydrotherapy, stretching, and postural correction (chin tuck exercise). **Results:** After three intervention sessions, the evaluation results showed no significant changes. However, there was a slight decrease in the BESS score from 47 to 43. Toe walking was still observed during gait analysis, accompanied by Achilles tendon tightness and limited ankle ROM. Sensory Profile 2 results indicated hypersensitivity in the auditory and tactile aspects, which had not changed. Gradual and continuous physiotherapy interventions are expected to help improve functional abilities, postural control, balance, and the child's participation in daily activities. In addition, family education also plays an important role in supporting therapy success and optimizing the child's development.

Keywords: Autism Spectrum Disorder, Physiotherapy, Sensory Integration, Hydrotherapy, Gait Analysis, BESS, Sensory Profile 2.