

PENATALAKSANAAN FISIOTERAPI PADA KASUS POST OPERATIVE TRIMMING MENISCUS DENGAN PLICA SYNDROME KNEE JOINT SINISTRA

Marsanda Puspa Hanifah

Abstrak

Latar Belakang: Cedera meniskus merupakan cedera lutut yang sering terjadi setelah cedera *Anterior Cruciate Ligament* (ACL), khususnya pada atlet perempuan, dengan prevalensi sekitar 20 % dari seluruh cedera lutut. Meniskus berperan penting sebagai bantalan sendi lutut yang membantu distribusi beban, meningkatkan stabilitas, serta menjaga fungsi cairan *synovial*. Selain cedera meniskus, masalah lain yang dapat muncul dan memengaruhi fungsi lutut adalah *plica syndrome*. *Plica* adalah lipatan membran *synovial* yang secara fisiologis tidak menimbulkan keluhan. Namun, pada kondisi tertentu *plica* dapat mengalami iritasi atau inflamasi akibat gesekan berulang, trauma, ataupun perubahan biomekanik sendi lutut. *Plica* yang mengalami penebalan, sering menimbulkan keluhan berupa *anterior knee pain*, krepitasi, *snapping*, hingga keterbatasan aktivitas fungsional sehari-hari. **Tujuan:** Penelitian ini bertujuan untuk memahami Penatalaksanaan Fisioterapi pada Kasus *Post Operative Trimming Meniscus* dengan *Plica Syndrome Knee Joint Sinistra*. **Metode:** Metode yang digunakan adalah studi kasus pada pasien perempuan berinisial Nn. R yang berusia 28 tahun dengan diagnosis medis *Tear Meniscus*, *Lateral Compression Syndrome Patella*, dan *Plica Syndrome*. Penelitian dilakukan sejak 6 sampai 28 Agustus 2025 di *Welspro Sport Clinic and Performance*. Pemeriksaan dilakukan menggunakan *Numeric Rating Scale* (NRS) untuk nyeri, goniometer untuk mengukur lingkup gerak sendi, *midline* untuk antropometri bengkak, *Manual Muscle Testing* (MMT) untuk kekuatan otot serta *Lysholm Knee Scoring Scale* untuk aktivitas fungsional. Intervensi fisioterapi yang diberikan meliputi *Transcutaneous Electrical Nerve Stimulation* (TENS), *Ultrasound*, dan *Exercise*. **Hasil:** Setelah 6 kali intervensi, menunjukkan adanya penurunan nyeri dan edema, peningkatan kekuatan otot, peningkatan lingkup gerak sendi, serta perbaikan aktivitas fungsional pasien. **Kesimpulan:** Kombinasi modalitas elektroterapi, dan *exercise* efektif dalam meningkatkan kondisi klinis pasien *Post Operative Trimming Meniscus* dengan *Plica Syndrome*.

Kata Kunci: *Trimming Meniscus*, *Plica Syndrome*, *Transcutaneous Electrical Nerve Stimulation* (TENS), *Ultrasound*, dan *Exercise*.

PHYSIOTHERAPY MANAGEMENT IN POST OPERATIVE MENISCUS TRIMMING CASES WITH PLICA SYNDROME KNEE JOINT SINISTRA

Marsanda Puspa Hanifah

Abstract

Background: Meniscus injury is a knee injury that often occurs after Anterior Cruciate Ligament (ACL) injury, especially in female athletes, with a prevalence of around 20% of all knee injuries. The meniscus plays an important role as a knee joint cushion that helps distribute the load, increases stability, and maintains the function of the synovial fluid. In addition to meniscus injury, another problem that can arise and affect knee function is plica syndrome. Plica is a fold of synovial membrane that physiologically does not cause complaints. However, in certain conditions the plica can become irritated or inflamed due to repeated friction, trauma, or changes in the biomechanics of the knee joint. Thickened plica often causes complaints in the form of anterior knee pain, crepitus, snapping, and limitations in daily functional activities. **Purpose:** This study aims to understand the Physiotherapy Management in Post-Operative Meniscus Trimming Cases with Left Knee Joint Plica Syndrome. **Method:** The method used is a case study on a female patient with the initials Ms. R, 28 years old, was diagnosed with Meniscus Tear, Lateral Compression Syndrome Patella, and Plica Syndrome. The study was conducted from August 6 to 28, 2025, at the Welspro Sport Clinic and Performance. The examination was conducted using the Numeric Rating Scale (NRS) for pain, a goniometer to measure joint range of motion, a midline for swelling anthropometry, Manual Muscle Testing (MMT) for muscle strength, and the Lysholm Knee Scoring Scale for functional activities. Physiotherapy interventions provided included Transcutaneous Electrical Nerve Stimulation (TENS), Ultrasound, and Exercise. **Results:** After 6 interventions, there was a decrease in pain and edema, increased muscle strength, increased joint range of motion, and improved patient functional activities. **Conclusion:** The combination of electrotherapy and exercise modalities is effective in improving the clinical condition of patients with Post-Operative Meniscus Trimming with Plica Syndrome.

Keywords: Trimming Meniscus, Plica Syndrome, Transcutaneous Electrical Nerve Stimulation (TENS), Ultrasound, and Exercise.