PELAKSANAAN FISIOTERAPI PADA KASUS *TRIGGER FINGER* UNTUK MENGURANGI NYERI DAN MENINGKATKAN LGS DENGAN MENGGUNAKAN *ULTRASOUND* DAN TERAPI LATIHAN (*TENDON GLIDE EXERCISE* DAN *STRETCHING EXERCISE*)

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Abstrak

Latar Belakang : *Trigger Finger* merupakan gangguan pada jari tangan yang terjadi karena adanya peradangan pada selubung tendong sehingga terjadi penebalan pada tendon fleksor, sehingga menyebabkan nyeri dan keterbatasan lingkup gerak sendi, bahkan dapat menimbulkan fenomena "*locking*" saat jari digerakkan. Kondisi ini sering terjadi akibat aktivitas berulang, faktor degeneratif, maupun komorbid tertentu. **Tujuan :** Studi kasus kali ini bertujuan untuk mengetahui pelaksanaan fisioterapi dengan menggunakan *ultrasound* dan terapi latihan berupa *tendon glide exercise* dan *stretching exercise* dalam mengurangi nyeri dan menigkatkan LGS. **Metode penelitian :** Penelitian kali ini menggunakan metode laporan kasus pada seorang pasien Perempuan ibu rumah tangga yang berusia 64 tahun dengan diagnosis trigger finger jari ke-3 dextra di RSUP Dr, Sitanala, Tangerang. Pemeriksaan meliputi pengukuran nyeri menggunakan *Visual Analogue Scale* (VAS), lingkup gerak sendi menggunakan goniometer, kekuatan otot dengan *Manual Muscle Testing* (MMT), serta kemampuan fungsional menggunakan *Wrist and Hand Disability Index* (WHDI). Intervensi yang diberikan berupa kombinasi ultrasound, *tendon glide exercise*, dan *stretching exercise* selama 5 sesi terapi dengan 3 kali evaluasi. **Hasil :** Hasil dari pemberian intervensi berupa ultrasound dan terapi latihan (*tendon glide exercise* dan *stretching exercise*) menunjukkan adanya penurunan nyeri tekan sebanyak 2,6 poin, nyeri gerak sebanyak 3,5 poin, dan nyeri diam sebanyak 1,5 poin, peningkatan lingkup gerak sendi pada sendi MCP gerakan ekstensi 10° dan fleksi 20°, lalu pada sendi PIP gerakan fleksi 10°, peningkatan kekuatan otot sendi MCP dan PIP dari 4 menjadi 5, serta perbaikan kemampuan fungsional pasien yang ditunjukkan dengan penurunan skor WHDI dari 15% menjadi 6% (minimal disability). **Kesimpulan :** Dengan demikian, dapat disimpulkan bahwa kombinasi intervensi fisioterapi berupa ultrasound dan terapi Latihan (*tendon glide exercise* dan *stretching exercise*) efektif dalam mengurangi nyeri dan meningkatkan lingkup gerak sendi pada pasien trigger finger sehingga dapat meningkatkan kemampuan aktivitas fungsional pasien.

Kata kunci : *Trigger Finger*, Nyeri, *Ultrasound*, Terapi Latihan, *Tendon Glide Exercise*, *Stretching Exercise*

IMPLEMENTATION OF PHYSIOTHERAPY IN CASES OF TRIGGER FINGER TO REDUCE PAIN AND IMPROVE ROM USING ULTRASOUND AND EXERCISE THERAPY (TENDON GLIDE EXERCISE AND STRETCHING EXERCISE)

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Abstract

Background : Trigger Finger is a disorder of the fingers that occurs due to inflammation of the tendon sheath resulting in thickening of the flexor tendon, causing pain and limited range of motion of the joints, can even cause a "locking" phenomenon when the finger is moved. This condition often occurs due to repetitive activities, degenerative factors, or certain comorbidities. **Objective :** This case study aims to determine the implementation of physiotherapy using ultrasound and exercise therapy in the form of tendon glide exercise and stretching exercise in reducing pain and improving ROM. **Research Method :** This study uses a case report method on a 64-year-old female housewife with a diagnosis of trigger finger of the 3rd right finger at Dr. Sitanala General Hospital, Tangerang. The examination includes measuring pain using the Visual Analogue Scale (VAS), range of motion using a goniometer, muscle strength using Manual Muscle Testing (MMT), and functional ability using the Wrist and Hand Disability Index (WHDI). The intervention given is a combination of ultrasound, tendon glide exercise, and stretching exercise for 5 therapy sessions with 3 evaluations. **Results :** The results of the intervention in the form of ultrasound and exercise therapy (tendon glide exercise and stretching exercise) showed a decrease in pressure pain by 2.6 points, motion pain by 3.5 points, and still pain by 1.5 points, an increase in the range of motion of the MCP joint with 10° extension and 20° flexion movements, then in the PIP joint with 10° flexion movements, an increase in muscle strength of the MCP and PIP joints from 4 to 5, and an improvement in the patient's functional ability as indicated by a decrease in the WHDI score from 15% to 6% (minimal disability). **Conclusion :** Thus, it can be concluded that the combination of physiotherapy intervention in the form of ultrasound and exercise therapy (tendon glide exercise and stretching exercise) is effective in reducing pain and increasing the range of motion of the joints in patients with trigger finger so that it can improve the patient's functional activity ability.

Key words : Trigger Finger, Pain, Ultrasound, Exercise Therapy, Tendon Glide Exercise, Stretching Exercise