

PENATALAKSANAAN FISIOTERAPI PADA KASUS LOW BACK PAIN ET CAUSA SPONDYLOSIS

Ardyan Sufalah Kurniyanto

Abstrak

Latar Belakang: *Low Back Pain et causa Lumbar Spondylosis* merupakan gangguan muskuloskeletal akibat proses degeneratif pada tulang belakang yang dapat menyebabkan nyeri, kelemahan otot, serta keterbatasan aktivitas fungsional. Kondisi ini sering ditemukan pada usia lanjut dan dapat menurunkan kualitas hidup individu apabila tidak ditangani dengan baik. Fisioterapi memiliki peran penting dalam penanganan kondisi ini karena dapat membantu mengurangi nyeri, meningkatkan kekuatan otot, dan memperbaiki kemampuan aktivitas fungsional pasien. **Tujuan:** Penelitian ini bertujuan untuk mengetahui efektivitas pemberian intervensi fisioterapi pada pasien dengan diagnosis *Low Back Pain et causa Spondylosis* menggunakan modalitas TENS, *Microwave Diathermy*, *bridging exercise*, dan *knee to chest exercise*. **Metode:** Penelitian ini menggunakan pendekatan studi kasus. Subjek penelitian adalah seorang pasien laki-laki usia 64 tahun yang menjalani terapi di RSAL Mintohardjo. Pemeriksaan fisioterapi dilakukan secara menyeluruh meliputi anamnesis, inspeksi, palpasi, pemeriksaan nyeri menggunakan *Visual Analog Scale (VAS)*, pemeriksaan kekuatan otot menggunakan *Manual Muscle Testing (MMT)*, pemeriksaan lingkup gerak sendi, serta penilaian fungsional menggunakan *Oswestry Disability Index (ODI)*. Intervensi fisioterapi yang diberikan berupa *Transcutaneous Electrical Nerve Stimulation (TENS)*, *Microwave Diathermy (MWD)*, *bridging Exercise*, dan *knee to chest exercise* sebanyak tiga kali terapi. **Hasil:** Setelah dilakukan 3 kali terapi didapatkan adanya penurunan nyeri gerak dari skala 6 menjadi 5 dan nyeri tekan dari skala 5 menjadi 4. Selain itu terjadi peningkatan kekuatan otot flexor trunk dari nilai 3 menjadi 4 dan extensor trunk dari nilai 3 menjadi 4. **Kesimpulan:** Pemberian intervensi fisioterapi berupa *TENS*, *Microwave Diathermy*, *Bridging Exercise*, dan *Knee to Chest Exercise* dapat membantu menurunkan nyeri serta meningkatkan kekuatan otot trunk pada pasien *Low Back Pain et causa Spondylosis*.

Kata kunci : *Low back pain, Spondylosis, TENS, Microwave Diathermy, Bridging exercise, Knee to Chest*

PHYSIOTHERAPY MANAGEMENT OF LOW BACK PAIN DUE TO SPONDYLOSIS: A CASE STUDY

Ardyan Sufalah Kurniyanto

Abstract

Background: *Low Back Pain* due to *Lumbar Spondylosis* is a musculoskeletal disorder caused by degenerative processes in the spine that can lead to pain, muscle weakness, and limitations in functional activities. This condition is commonly found in older adults and can reduce quality of life if not properly managed. Physiotherapy has an important role in managing this condition because it can help reduce pain, increase muscle strength, and improve patients' functional activities. **Objective:** This study aimed to determine the effectiveness of physiotherapy interventions in patients with Low Back Pain due to Spondylosis using TENS, MWD, *bridging exercise*, and *knee to chest exercise*. **Methods:** This study used a case study approach. The subject was a 64-year-old male patient who underwent therapy at Mintohardjo Naval Hospital. Physiotherapy assessment was conducted comprehensively, including history taking, inspection, palpation, pain assessment using the Visual Analog Scale (VAS), muscle strength assessment using *Manual Muscle Testing* (MMT), range of motion examination, and functional assessment using the *Oswestry Disability Index* (ODI). The physiotherapy interventions consisted of *Transcutaneous Electrical Nerve Stimulation* (TENS), *Microwave Diathermy* (MWD), *Bridging Exercise*, and *Knee to Chest Exercise* for three treatment sessions. **Results:** After three treatment sessions, there was a decrease in movement pain from a score of 6 to 5 and tenderness pain from a score of 5 to 4. In addition, trunk flexor muscle strength increased from grade 3 to grade 4 and trunk extensor muscle strength increased from grade 3 to grade 4. **Conclusion:** Physiotherapy interventions consisting of TENS, MWD, *Bridging Exercise*, and *Knee to Chest Exercise* can help reduce pain and improve trunk muscle strength in patients with *Low Back Pain due to Spondylosis*.

Keywords: *Low back pain, Spondylosis, TENS, Microwave Diathermy, Bridging exercise, Knee to Chest*