

PENATALAKSANAAN FISIOTERAPI PADA KASUS *PLANTAR FASCIITIS SINISTRA* DI RUMAH SAKIT BHAYANGKARA BRIMOB

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Abstrak

Latar Belakang: *Plantar fasciitis* adalah kondisi cedera pada kaki akibat tarikan berlebih di jaringan *plantar fascia*, Tarikan yang menekan *plantar fascia* secara berulang dapat menyebabkan peradangan serta nyeri kronis, terutama di area tumit. Nyeri biasanya dirasakan saat langkah pertama di pagi hari atau setelah berdiri dan berjalan dalam waktu lama, serta naik turun tangga. Kondisi ini dipengaruhi faktor intrinsik seperti usia, kelainan bentuk kaki, dan obesitas, dan juga faktor ekstrinsik seperti alas kaki yang tidak mendukung dan aktivitas *overuse*. **Tujuan:** Untuk mengetahui penatalaksanaan fisioterapi pada kasus *plantar fasciitis*. **Metode:** Penelitian ini menggunakan metode studi kasus deskriptif pada pasien wanita berusia 50 tahun dengan kondisi *plantar fasciitis sinistra*, yang merupakan seorang yang aktif bekerja dengan menggunakan sepatu hak tinggi atau *high heels*. Pemeriksaan dilakukan meliputi *Numeric Rating Scale* (NRS), *Manual Muscle Testing* (MMT), *Range of Motion* (ROM), dan *Foot and Ankle Ability Measure* FAAM, dan intervensi fisioterapi yang diberikan berupa *ultrasound*, *towel stretching*, *calf raise*, dan *rolling ball exercise*. **Hasil:** Problematika fisioterapi ditemukan yaitu nyeri saat diam, gerak dan tekan, spasme otot *gastrocnemius* dan *soleus*, keterbatasan ROM *dorsifleksi ankle*, penurunan kekuatan otot, serta gangguan aktivitas fungsional. **Kesimpulan:** Setelah dilakukan intervensi fisioterapi sebanyak 3 kali, diamati adanya didapatkan penurunan nyeri, peningkatan kekuatan otot, peningkatan lingkup gerak sendi *dorsifleksi ankle*, serta peningkatan aktivitas fungsional.

Kata kunci: *Plantar fasciitis*, nyeri tumit, *ultrasound*, *stretching*, aktivitas fungsional.

PHYSIOTHERAPY MANAGEMENT IN CASES OF PLANTAR FASCIITIS SINISTRA AT THE BHAYANGKARA BRIMOB HOSPITAL

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Abstract

Background : Plantar fasciitis is a foot injury condition caused by excessive pulling on the plantar fascia tissue. Repeated pulling on the plantar fascia can cause inflammation and chronic pain, especially in the heel area. Pain is usually felt during the first step in the morning or after standing and walking for a long time, as well as going up and down stairs. This condition is influenced by intrinsic factors such as age, foot deformity, and obesity, as well as extrinsic factors such as unsupportive footwear and excessive activity. **Purpose :** To determine the physiotherapy management in cases of plantar fasciitis. **Methods :** This study used a descriptive case study method in a 50-year-old female patient with left plantar fasciitis, who is an active worker using high heels or high heels. The examinations carried out included the Numeric Rating Scale (NRS), Manual Muscle Testing (MMT), Range of Motion (ROM), and Foot and Ankle ability Measure FAAM, and the physiotherapy interventions provided were ultrasound, towel stretching, calf raise, and rolling ball exercise. **Result :** Physiotherapy problems identified included pain during rest, movement, and pressure, gastrocnemius and soleus muscle spasms, limited ankle dorsiflexion range of motion, decreased muscle strength, and impaired functional activity. **Conclusion :** After three sessions of physical therapy intervention, a reduction in pain, increased muscle strength, improved range of motion in ankle dorsiflexion, and enhanced functional activity were observed.

Keyword : Plantar fasciitis, heel pain, ultrasound, stretching, functional activity.