

PELAKSANAAN FISIOTERAPI PADA KONDISI *POST ORIF FRAKTUR OS TIBIA 1/3 PROXIMAL DEXTRA* MENGGUNAKAN *INFRA RED* DAN TERAPI LATIHAN

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ABSTRAK

Latar belakang: *Post ORIF Fraktur Os Tibia 1/3 Proximal Dextra* merupakan terputusnya kontinuitas tulang pada area plateau *tibial* yang sering disebabkan oleh trauma energi tinggi seperti kecelakaan lalu lintas, sehingga membutuhkan penanganan bedah *Open Reduction Internal Fixation (ORIF)*. Permasalahan yang muncul berupa nyeri, bengkak, penurunan kekuatan otot, keterbatasan lingkup gerak sendi, dan gangguan fungsional. **Tujuan:** Tujuan penelitian ini untuk mengetahui pelaksanaan fisioterapi dengan menggunakan modalitas *Infra red* dan terapi latihan berupa *Free Active Exercise* dan *Contract Relax* dalam meningkatkan lingkup gerak sendi pada kondisi *Post ORIF Fraktur Os Tibia 1/3 Proximal Dextra*. **Metode penelitian:** Penelitian yang digunakan berupa laporan kasus pada seorang pasien perempuan, Ny. S berusia 59 tahun, yang mengalami nyeri, bengkak, penurunan kekuatan otot, keterbatasan lingkup gerak sendi, dan terbatasnya aktivitas sehari-hari. **Hasil:** Hasil penelitian ini menunjukkan setelah diberikan empat kali sesi terapi menggunakan *Infra red* dan terapi latihan berupa *Free Active Exercise* dan *Contract Relax* pada kondisi *Post ORIF Fraktur Os Tibia 1/3 Proximal Dextra* terjadi penurunan nyeri, penurunan bengkak, peningkatan kekuatan otot, peningkatan lingkup gerak sendi, serta peningkatan skor *Lower Extremity Functional Scale (LEFS)*. **Kesimpulan:** Kesimpulan dari penelitian ini adalah pelaksanaan fisioterapi dengan modalitas *Infra red*, *Free Active Exercise*, dan *Contract Relax* terbukti efektif dalam mengurangi nyeri menggunakan *visual analogue scale (VAS)*, mengurangi bengkak menggunakan *midline*, meningkatkan kekuatan otot menggunakan *Manual Muscle Testing (MMT)*, meningkatkan lingkup gerak sendi menggunakan goniometer, serta peningkatan skor *Lower Extremity Functional Scale (LEFS)* pada kondisi *Post ORIF Fraktur Os Tibia 1/3 Proximal Dextra*.

Kata Kunci: *Post ORIF Fraktur Os Tibia 1/3 Proximal Dextra, Infra red, Free Active Exercise, Contract Relax*

IMPLEMENTATION OF PHYSIOTHERAPY IN POST ORIF RIGHT PROXIMAL 1/3 TIBIAL FRACTURE USING INFRA RED THERAPY AND THERAPEUTIC EXERCISE

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ABSTRACT

Background: Post-ORIF *proximal* one-third tibial fracture is a condition characterized by disruption of bone continuity in the tibial plateau area, commonly caused by high-energy trauma such as traffic accidents, requiring surgical management through Open Reduction Internal Fixation (ORIF). Problems that commonly arise include pain, swelling, decreased muscle strength, limited range of motion, and functional impairment. **Objective:** This study aimed to determine the implementation of physiotherapy using Infrared modality and exercise therapy in the form of *Free Active Exercise* and *Contract Relax* to improve joint range of motion in *Post ORIF proximal* one-third tibial fracture conditions. **Methods:** This study used a case report design involving a 59-year-old female patient, Mrs. S, who experienced pain, swelling, decreased muscle strength, limited joint range of motion, and limitations in daily activities. **Results:** The results showed that after four therapy sessions using Infrared modality and exercise therapy in the form of *Free Active Exercise* and *Contract Relax* in Post-ORIF *proximal* one-third tibial fracture conditions, there were reductions in pain and swelling, improvements in muscle strength and joint range of motion, as well as increased Lower Extremity Functional Scale (LEFS) scores. **Conclusion:** The study concluded that physiotherapy intervention using Infrared modality, *Free Active Exercise*, and *Contract Relax* was effective in reducing pain measured by the Visual Analogue Scale (VAS), reducing swelling measured by midline measurement, increasing muscle strength measured by Manual Muscle Testing (MMT), improving joint range of motion measured by goniometer, and increasing Lower Extremity Functional Scale (LEFS) scores in Post-ORIF *proximal* one-third tibial fracture conditions.

Keyword: *Post ORIF Fraktur Os Tibia 1/3 Proximal Dextra, Infra Red, Free Active Exercise, Contract Relax*