

PENATALAKSANAAN FISIOTERAPI PADA KASUS OSTEOARTHRITIS *KNEE BILATERAL*

Siti Jasmine Rosyyida

Abstrak

Latar Belakang: Osteoarthritis (OA) lutut merupakan gangguan muskuloskeletal degeneratif yang ditandai dengan nyeri, kekakuan, serta penurunan fungsi gerak, umumnya terjadi pada populasi wanita terutama pada usia lanjut. Kondisi ini dapat menyebabkan keterbatasan aktivitas fungsional akibat gangguan pada struktur dan fungsi sendi lutut dan faktor resiko seperti usia, penurunan hormon, obesitas dan aktivitas sehari-hari. Fisioterapi berperan penting dalam penatalaksanaan OA lutut melalui pendekatan non-farmakologis berupa *exercise therapy* dan modalitas elektroterapi untuk mengurangi nyeri serta meningkatkan kemampuan fungsional. **Tujuan:** Tujuan pelaksanaan penelitian ini untuk mengetahui penatalaksanaan fisioterapi pada kasus osteoarthritis lutut bilateral, melalui pemeriksaan, permasalahan dan intervensi fisioterapi. **Metode :** Metode yang digunakan berupa studi kasus, terhadap seorang pasien perempuan usia 60 tahun, dengan diagnosa medis Osteoarthritis Lutut bilateral dengan keluhan nyeri, kekakuan, adanya resiko jatuh dan penurunan aktivitas fungsional. Penanganan intervensi fisioterapi diberikan selama 6 kali pertemuan yang mencakup penggunaan *transcutaneous electrical nerve stimulation (TENS)*, *active movement exercise*, *active resistance exercise*, *massage*, *stretching*, *hold relax*, *Balance Exercise*, serta *gait training*. Evaluasi dilakukan terhadap nyeri menggunakan skala *Visual Analog Scale (VAS)*, kekuatan otot menggunakan *Manual Muscle Testing (MMT)*, dan kemampuan fungsional dengan kuesioner *Knee Injury and Osteoarthritis Outcome Score (KOOS)*. keseimbangan dan resiko jatuh dengan *Timed Up and Go*. **Hasil:** Hasil evaluasi menunjukkan adanya penurunan tingkat nyeri, peningkatan lingkup gerak sendi, kekuatan otot dalam nilai stabil serta perbaikan kemampuan fungsional pasien. **Kesimpulan:** Dapat disimpulkan bahwa kombinasi intervensi TENS, *active movement exercise*, *active resistance exercise*, *massage*, *stretching*, *hold relax*, *Balance Exercise*, serta *gait training* efektif dalam penanganan fisioterapi pada kasus Osteoarthritis *knee* bilateral secara subjektif dan objektif.

Kata kunci : Osteoarthritis lutut, KOOS, Fisioterapi, TENS, *Exercise therapy*

PHYSIOTHERAPY MANAGEMENT IN CASES OF OSTEOARTHRITIS KNEE BILATERAL

Siti Jasmine Rosyyida

Abstract

Background: Knee osteoarthritis (OA) is a degenerative musculoskeletal disorder characterized by pain, stiffness, and reduced mobility, commonly occurring in women, particularly among the elderly. This condition can lead to limitations in functional activities due to impairments in the structure and function of the knee joint and risk factors such as age, hormonal decline, obesity, and daily activities. Physical therapy has an important role in the management of knee OA through non-pharmacological approaches such as exercise therapy and electrotherapy modalities to reduce pain and improve functional ability. **Objective:** The purpose of this study is to determine the physiotherapy management for a case of bilateral knee osteoarthritis, through assessment, identification of issues, and physiotherapy interventions. **Method:** The method used was a case study involving a 60-year-old female patient diagnosed with bilateral knee osteoarthritis, presenting with complaints of pain, stiffness, risk of falling, and decreased functional activity. Physical therapy interventions were provided over 6 sessions that included the use of transcutaneous electrical nerve stimulation (TENS), active movement exercises, active resistance exercises, massage, stretching, hold-relax exercises, balance exercises, and gait training. Pain was assessed using the Visual Analog Scale (VAS), muscle strength using Manual Muscle Testing (MMT), and functional ability using the Knee Injury and Osteoarthritis Outcome Score (KOOS) questionnaire. Balance and fall risk were assessed using the Timed Up and Go test. **Results:** The evaluation results showed a reduction in pain intensity an improvement in joint range of motion, stable muscle strength values, and an improvement in the patients' functional ability. **Conclusion:** It can be concluded that the combination of TENS, active movement exercises, active resistance exercises, massage, stretching, hold-relax, balance exercises, and gait training is effective in the physiotherapy management of bilateral knee osteoarthritis, both subjectively and objectively.

Keywords : Osteoarthritis Knee, KOOS, Physiotherapy, TENS, Exercise therapy