

# **PENATALAKSANAAN FISIOTERAPI PADA KONDISI SPRAIN ANKLE GRADE I**

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## **Abstrak**

**Latar Belakang:** Sprain ankle merupakan cedera pada ligamen pergelangan kaki yang sering terjadi akibat gerakan berlebihan seperti inversi atau eversi secara tiba-tiba. Kondisi ini dapat menyebabkan nyeri, pembengkakan, keterbatasan lingkup gerak sendi, serta gangguan aktivitas fungsional.

**Tujuan:** Studi kasus ini bertujuan untuk mengetahui efektivitas intervensi fisioterapi dalam mengurangi nyeri, menurunkan edema, meningkatkan lingkup gerak sendi, kekuatan otot, serta kemampuan fungsional pada pasien dengan sprain ankle grade I.

**Metode:** Studi kasus ini menggunakan pemeriksaan dan evaluasi berupa Numeric Rating Scale (NRS), Manual Muscle Testing (MMT), goniometer, antropometri, serta Foot and Ankle Ability Measure (FAAM).

**Hasil:** Problematika fisioterapi yang ditemukan meliputi nyeri pada ankle kanan, edema, spasme otot, keterbatasan lingkup gerak sendi, penurunan kekuatan otot, serta keterbatasan aktivitas fungsional. Setelah dilakukan empat kali terapi dengan intervensi berupa metode PRICE, Transcutaneous Electrical Nerve Stimulation (TENS), ultrasound, resistance band exercise, dan massage, didapatkan penurunan nyeri dan edema, peningkatan lingkup gerak sendi, peningkatan kekuatan otot, serta peningkatan kemampuan fungsional pasien.

**Kesimpulan:** Pemberian intervensi fisioterapi selama empat kali pertemuan menunjukkan hasil yang positif berupa penurunan nyeri dan edema serta peningkatan lingkup gerak sendi, kekuatan otot, dan kemampuan fungsional pada pasien dengan sprain ankle grade I.

**Kata Kunci:** *Sprain ankle, TENS, ultrasound, resistance band exercise, massage, PRICE*

# IMPLAMETATION OF PHYSIOTHERAPY IN GRADE 1 ANKLE SPRAIN

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## Abstract

**Background:** Ankle sprain is a ligament injury of the ankle joint that commonly occurs due to excessive movements such as sudden inversion or eversion. This condition can cause pain, swelling, limited range of motion, and functional activity limitations.

**Objective:** This case study aims to determine the effectiveness of physiotherapy interventions in reducing pain, decreasing edema, improving range of motion, muscle strength, and functional ability in a patient with grade I ankle sprain.

**Methods:** This case study used assessment and evaluation tools including Numeric Rating Scale (NRS), Manual Muscle Testing (MMT), goniometer, anthropometric measurement, and Foot and Ankle Ability Measure (FAAM).

**Results:** The physiotherapy problems identified included pain in the right ankle, edema, muscle spasm, limited range of motion, decreased muscle strength, and functional activity limitations. After four therapy sessions with interventions such as PRICE method, Transcutaneous Electrical Nerve Stimulation (TENS), ultrasound, resistance band exercise, and massage, there was a decrease in pain and edema, as well as improvements in range of motion, muscle strength, and functional ability.

**Conclusion:** Physiotherapy interventions given over four sessions showed positive results, including reduced pain and edema, and improved range of motion, muscle strength, and functional ability in a patient with grade I ankle sprain.

**Keywords:** *Ankle sprain, TENS, ultrasound, resistance band exercise, massage, PRICE*