

PENATALAKSANAAN FISIOTERAPI PADA KASUS POST OP TOTAL KNEE REPLACEMENT SINISTRA

Artika Putri Perwita Sari

Abstrak

Latar Belakang: *Total Knee Replacement* merupakan prosedur pembedahan yang ditujukan untuk menggantikan permukaan sendi lutut yang rusak akibat osteoarthritis atau kondisi degeneratif lainnya dengan prostesis buatan guna mengurangi nyeri dan meningkatkan fungsi gerak.

Tujuan: Studi kasus ini bertujuan untuk menilai seberapa efektif intervensi fisioterapi yang mencakup modalitas fisioterapi dan latihan fungsional pada pasien dengan *Total Knee Replacement*.

Metode: Pada studi kasus ini menggunakan pemeriksaan dan evaluasi menggunakan Numeric Rating Scale, Manual Muscle Testing, Goniometer, Antropometri, serta Western Ontario and McMaster Universities.

Hasil: Problematika fisioterapi yang ditemukan yaitu nyeri gerak dan tekan pada lutut kiri, edema pada lutut, spasme otot quadriceps, penurunan kekuatan otot quadriceps dan hamstring, dan keterbatasan lingkup gerak sendi lutut pada gerakan fleksi. Setelah dilakukannya empat kali terapi dengan intervensi Transcutaneous Electrical Nerve Stimulation, Ankle pumping, Hold and Relax, Isotonic Exercise didapatkan penurunan nyeri dan edema, peningkatan keterbatasan lingkup gerak sendi namun tidak terjadi perubahan pada kekuatan otot.

Kesimpulan: Setelah diberikannya intervensi sebanyak 4 kali didapati adanya penurunan nyeri dan edema, peningkatan keterbatasan lingkup gerak sendi namun tidak terjadi perubahan pada kekuatan otot

Kata Kunci: *Total Knee Replacement, Transcutaneous Electrical Nerve Stimulation, Ankle pumping, Hold and relax, Isotonic Exercise*

PENATALAKSANAAN FISIOTERAPI PADA KASUS POST OP TOTAL KNEE REPLACEMENT SINISTRA

Artika Putri Perwita Sari

Abstract

Background: Total Knee Replacement is a surgical procedure aimed at replacing damaged knee joint surfaces caused by osteoarthritis or other degenerative conditions with artificial prostheses in order to reduce pain and improve functional movement.

Objective: This case study aims to evaluate the effectiveness of physiotherapy interventions, including physical modalities and functional exercises, in patients with Total Knee Replacement.

Methods: This case study used assessment and evaluation tools including the Numeric Rating Scale (NRS), Manual Muscle Testing (MMT), goniometer, anthropometry, and the Western Ontario and McMaster Universities Osteoarthritis Index (WOMAC).

Results: The physiotherapy problems identified included movement and tenderness pain in the left knee, edema in the knee, quadriceps muscle spasm, decreased muscle strength of the quadriceps and hamstrings, and limited range of motion in knee flexion. After four treatment sessions consisting of TENS, Ankle pumping, Hold and relax, and Isotonic Exercise, there was a reduction in pain and edema, and an improvement in range of motion; however, no significant change in muscle strength was observed.

Conclusion: After four sessions of intervention, there was a decrease in pain and edema and an improvement in range of motion, but no change in muscle strength.

Keyword: *Total Knee Replacement, Transcutaneous Electrical Nerve Stimulation, Ankle pumping, Hold and relax, Isotonic Exercise*