

RESISTED ACTIVE EXERCISE PADA KONDISI POST OP AUSTIN MOORE PROTHESE E.C FRAKTUR COLLUMNA FEMUR

ABSTRAK

(Widyaningsih, 2014, 103 halaman)

Austin Moore Prothese (AMP) adalah suatu prosedur operasi yang dilakukan untuk menangani fraktur collumna femur. Operasi akan menimbulkan permasalahan kapasitas fisik dan kemampuan fungsional. Salah satu problematik fisioterapi pada penderita post op AMP adalah adanya kelemahan otot. Intervensi fisioterapi yang diberikan untuk mengatasi problematik tersebut adalah *Resisted Active Exercise*.

Dari hasil evaluasi keempat kasus Post Operasi Austin Moore Prothese E.C Fraktur Collumna Femur dengan pemberian latihan *Resisted Active Exercise* selama 6 kali terapi didapatkan adanya peningkatan kekuatan otot-otot tungkai naik 1 sampai 2 level secara bertahap. Hal ini menunjukkan adanya perubahan peningkatan kekuatan otot pada keempat kasus setelah diberikan intervensi latihan *Resisted Active Exercise*.

Kata kunci : *Austin Moore Prothese (AMP), Post op AMP, Fraktur Collumna Femur, Resisted Active Exercise, Kekuatan otot*

RESISTED ACTIVE EXERCISE ON CONDITION POST OP AUSTIN MOORE PROTHESE E.C COLLUMNA FEMUR FRACTURE

ABSTRACT

(Widyaningsih, 2014, 103 pages)

Austin Moore Prothese (AMP) is a surgical procedure done to treat fractures of the femur collumna. The operation will lead to problems of physical capacity and functional ability. One of the problematic post-op physiotherapy in patients with AMP is the presence of muscle weakness. Physiotherapy interventions for addressing problematic given that is Resisted Active Exercise.

From the results of the evaluation of four cases of Post Operation Austin Moore Prothese EC Collumna Femur Fractures by administering Active Resisted exercises Exercise therapy for 6 times obtained an increase in the strength of the leg muscles of 1 to 2 levels rose gradually. This shows the change in the increase in muscle strength in all four cases after a given intervention Resisted Active Exercise exercise.

Keywords : Austin Moore Prothese (AMP), Post op AMP, Collumna Femur Fracture, Resisted Active Exercise, Muscle Strength