

TERAPI LATIHAN DENGAN METODE *OPEN KINETIC CHAIN EXERCISES*
UNTUK MENINGKATKAN STABILITAS SENDI LUTUT PADA KASUS
OSTEOARTHRITIS LUTUT

ABSTRAK

(Danu, 2014)

Osteoarthritis (OA) merupakan suatu penyakit degeneratif yang dapat terjadi pada sendi manapun, namun yang paling sering terjadi yaitu osteoarthritis pada sendi lutut. Tanda dan gejala Osteoarthritis lutut antara lain, nyeri disekitar lutut, kelemahan otot, keterbatasan lingkup gerak sendi lutut, krepitasi pembengkakan sendi dan ketidakstabilan sendi lutut. Untuk mengatasi masalah tersebut salah satu intervensi fisioterapi yang dapat digunakan adalah terapi latihan dengan metode open kinetic chain exercises. Setelah dilakukan terapi sebanyak 5x didapat hasil lingkup gerak sendi bertambah, nyeri berkurang dan kekuatan otot meningkat, sehingga stabilitas sendi lutut juga meningkat. Maka dapat disimpulkan bahwa terapi latihan dengan metode open kinetic chain exercises dapat digunakan pada problematic stabilitas sendi lutut akibat osteoarthritis.

Kata Kunci : osteoarthritis, open kinetic chain exercises, stabilitas sendi lutut

EXERCISE THERAPY WITH OPEN KINETIC CHAIN EXERCISES TO
IMPROVE STABILITY OF THE KNEE JOINT CASE
KNEE OSTEOARTHRITIS

ABSTRACT

(Danu, 2014)

Osteoarthritis (OA) is a degenerative disease that can occur in any joint, but is most common is osteoarthritis in the knee joint. Signs and symptoms of knee osteoarthritis among others, pain around the knee, muscle weakness, limited range of motion of the knee, joint swelling and crepitus of the knee joint instability. To overcome this problem one of the physiotherapy interventions that can be used is a method of exercise therapy with open kinetic chain exercises. After the treatment we got the result as much as 5x increased range of motion, decrease pain and increase muscle strength, thereby also increasing the stability of the knee joint. It can be concluded that exercise therapy by method of open kinetic chain exercises can be used on problematic stability of the knee joint due to osteoarthritis.

Keywords: osteoarthritis, open kinetic chain exercises, knee joint stability