

**LITERATURE REVIEW : INTERVENSI SHORT WAVE  
DIATHERMY DAN CALISTHENIC EXERCISE UNTUK  
MENGURANGI NYERI DAN MENINGKATKAN AKTIFITAS  
FUNGSIONAL PADA PENDERITA OSTEoARTHRITIS  
LUTUT KRONIS**

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**Abstrak**

**Tujuan:** Menurunkan nyeri dan meningkatkan aktifitas fungsional penderita *osteoarthritis* lutut kronis. *Study literature* ini bertujuan untuk menelaah *literature*, jurnal, artikel, ataupun hasil penelitian dengan topik intervensi *short wave diathermy* dan *calisthenic exercise* untuk mengurangi nyeri dan meningkatkan aktifitas fungsional penderita *osteoarthritis* lutut kronis. **Metode:** Pencarian sumber *literature*, jurnal, artikel, hasil penelitian di beberapa database seperti *Google Scholar*, *Science Direct*, *Elsevier*, *PEdro*, *PubMed* dengan menggunakan beberapa kata kunci tertentu dalam periode tahun 2015-2020. Dari hasil penelusuran *literature* di dapatkan 11 artikel dan hanya 5 artikel yang memenuhi kriteria inklusi sumber. Penilaian kualitas metodologi dari 5 artikel dinilai dengan *Scimago Journal & Country Rank* (SJR). Analisis terhadap 5 jurnal dilakukan berdasarkan kesesuaian topik, metode penelitian yang digunakan, sampel, intervensi, instrument/parameter, dan hasil dari setiap artikel. **Hasil:** Setelah dilakukan telaah *literature* sebanyak 5 artikel menunjukkan bahwa *short wave diathermy* dapat menurunkan nyeri dan *calisthenic exercise* dapat meningkatkan aktifitas fungsional. **Kesimpulan:** *Short wave diathermy* dapat menurunkan nyeri dan *calisthenic exercise* dapat meningkatkan aktifitas fungsional pada penderita *osteoarthritis* lutut kronis.

**Kata Kunci :** *Short Wave Diathermy*, *Calisthenic Exercise*, Nyeri,  
Aktivitas Fungsional, *Osteoarthritis* Lutut

# **LITERATURE REVIEW : SHORT WAVE DIATHERMY AND CALISTHENIC EXERCISE INTERVENTIONS TO REDUCE PAIN AND IMPROVE FUNCTIONAL ACTIVITIES IN OSTEOARTHRITIS KNEE CHRONIC**

**Taruna Nur Ahmad**

## **Abstract**

**Objective:** Reduce pain and increase the functional activity of people with chronic knee osteoarthritis. This literature study aims to review the literature, journals, articles, or research results on the topic of short wave diathermy and calisthenic exercise interventions to reduce pain and improve the functional activity of chronic knee osteoarthritis sufferers. **Methods:** Search for sources of literature, journals, articles, research results in several databases such as Google Scholar, Science Direct, Elsevier, PEDro, PubMed by using certain keywords in the period 2015-2020. From the literature search results, 11 articles were obtained and only 5 articles met the source inclusion criteria. The methodological quality assessment of 5 articles was assessed using the Scimago Journal & Country Rank (SJR). Analysis of 5 journals was carried out based on the suitability of the topic, the research methods used, samples, interventions, instruments / parameters, and the results of each article. **Results:** After reviewing the literature as many as 5 articles showed that short wave diathermy can reduce pain and calisthenic exercise can increase functional activity. **Conclusion:** Short wave diathermy can reduce pain and calisthenic exercise can increase functional activity in patients with chronic knee osteoarthritis.

**Keyword:** Short Wave Diathermy, Calisthenic Exercise, Pain, Functional Activities, Knee Osteoarthritis