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**TERAPI CONTRACT RELAX STRETCHING UNTUK  
MENINGKATKAN LINGKUP GERAK SENDI WRIST  
JOINT PADA PENDERITA POST OPERASI  
PELEPASAN ORIF FRAKTUR RADIUS  
1/3 DISTAL**

**119 Halaman + 48 Tabel + 70 Gambar**

**ABSTRAK**

Fraktur radius distal adalah jenis yang paling umum dari patah tulang pergelangan tangan. Lengan bawah berisi dua tulang: radius dan ulna. Ujung distal radius adalah akhir yang paling dekat dengan pergelangan tangan. Pasca operasi pelepasan ORIF dapat menimbulkan berbagai problem yang menjadi tugas fisioterapi, problem yang biasa sering muncul adalah penurunan lingkup gerak sendi wrist joint yang disebabkan adanya nyeri dan kelemahan otot wrist joint. Untuk mengatasi masalah ini diperlukan tindakan fisioterapi. Pada karya tulis ilmiah akhir ini, penulis mengambil satu permasalahan yaitu penurunan lingkup gerak sendi wrist joint pada kondisi post operasi pelepasan ORIF. Dan terapi latihan yang digunakan adalah terapi *contract relax stretching* yang diberikan selama 4 kali terapi. Dari hasil yang diperoleh, dapat disimpulkan bahwa dengan menggunakan terapi *contract relax stretching* dapat meningkatkan lingkup gerak sendi wrist joint.

**Kata kunci : *Contract Relax Stretching*, Lingkup Gerak Sendi Wrist Joint**  
Daftar pustaka : 33 (1984-2013)

**SCIENTIFIC PAPER**

**Juli, 2014**

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**CONTRACT RELAX STRETCHING THERAPY TO INCREASE  
THE SCOPE OF JOINT MOTION OF WRIST JOINT IN  
PATIENTS WITH RELEASE FRACTURE OPEN REDUCTION  
INTERNAL FIXATION RADIUS 1/3 DISTAL**

**119 Page + 48 Tabel + 70 Picture**

**ABSTRAC**

Distal radius fracture is the most common type of wrist fractures. The forearm contains two bones: the radius and ulna. The distal end of the radius is the end closest to the wrist. Of post-operative ORIF may result in release of the various problems that the task of the physiotherapist, the usual problem often appears is a decrease in the scope of the motion of joints of wrist pain caused by joint and muscle weakness of the wrist joint. To resolve this problem required action physiotherapy. At the end of this scientific paper, the authors take a problem namely decrease the scope of joint motion of wrist joint on the conditions of the release operation post ORIF. And exercise therapy is a therapy used contract relax stretching is given for 4 times the therapy. From the results obtained, it can be concluded that using contract therapy relax stretching can increase the scope of joint motion of wrist joint.

**Key Word : *Contract Relax Stretching, Range of Motion Wrist Joint***

Literature : 33 (1984-2013)