

PENATALAKSANAAN FISIOTERAPI DENGAN INFRA RED DAN TERAPI LATIHAN PADA KASUS POST ORIF FRAKTUR FEMUR

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ABSTRAK

Latar belakang: Pasien perempuan bernama Ny. I berusia 28 tahun. Diagnosis: Post ORIF fraktur *femur 1/3 medial sinistra*. Problematika fisioterapi: *Impairment*: adanya oedem di daerah sekitar fraktur, nyeri di sekitar luka operasi, keterbatasan lingkup gerak sendi pada sendi panggul dan lutut, penurunan kekuatan otot pada otot panggul, *Functional limitation* : pasien belum dapat berjalan tanpa alat bantu dan belum dapat melakukan aktifitas sehari-hari, *Participation restriction* : Pasien mengalami ketidakmampuan dalam melaksanakan kegiatan yang berhubungan dengan lingkungan disekitarnya. **Tujuan:** mengurangi oedem pada tungkai atas, mengurangi nyeri gerak dan nyeri tekan, mengurangi spasme pada area sekitar bekas insisi, meningkatkan LGS panggul dan lutut, meningkatkan kekuatan otot, mengoptimalkan aktivitas sehari-hari sehingga pasien mampu melakukan aktivitas fungsional berjalan tanpa alat bantu **Metode:** *infra red* dan terapi latihan. **Hasil:** adanya penurunan nyeri, kekuatan otot meningkat, LGS sendi panggul dan sendi lutut meningkat, dan adanya penurunan oedem. **Kesimpulan:** Setelah dilakukan terapi selama 3x kepada pasien didapatkan hasil adanya penurunan nyeri, peningkatan kekuatan otot, peningkatan lingkup gerak sendi dan penurunan oedem.

Kata Kunci : *Post ORIF fraktur femur, infra red, terapi latihan*

MANAGEMENT OF PHYSIOTHERAPY WITH INFRA RED AND EXERCISE THERAPY IN CASE OF FEMUR POST ORIF

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ABSTRACT

Background: The female patient name Mrs.I is 28 years old. **Diagnosis:** Post ORIF femur fracture 1/3 left medial. **Physiotherapy problems :** Impairment : presence of edema in the area around the fracture, pain around the surgical wound, limited range of motion in the hip and knee joints, decreased muscle strength in the pelvic muscles, Functional limitations: the patient cannot walk without aids and cannot carry out activities daily, Participation restrictions: Patients experience inability to carry out activities related to the surrounding environment. **Objectives :** reduce edema in the upper limbs, reduce motion pain and tenderness, reduce spasm in the area around the incision site, increase the LGS of the hips and knees, increase muscle strength, optimize daily activities so that the patient is able to carry out functional activities walking without assistance. **Methods:** infrared and exercise therapy. **Results:** decreased pain, increased muscle strength, increased LGS of the hip and knee joints, and decreased edema. **Conclusion:** After 3x therapy for patients, the results showed reduced pain, increased muscle strength, increased joint range of motion and decreased edema.

Keywords: Post ORIF fraktur femur, Infra red, Exercise therapy.