

ABSTRAK

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Judul Laporan Tugas Akhir Studi : Penatalaksanaan Fisioterapi pada *Frozen Shoulder Et Causa Capsulitis Adhesiva* Menggunakan Modalitas *Transcutaneous Electrical Nerve Stimulation, Infrared* dan Terapi Latihan.

Jumlah 15 lampiran depan, 102 halaman , 24 table, 31 gambar, 9 lampiran akhir

Latar Belakang: *Frozen shoulder* merupakan peradangan kronis di kapsul sendi dimana penderitanya mengalami rasa nyeri yang mengakibatkan adanya keterbatasan lingkup gerak sendi terutama pada gerakan rotasi. Penyebab dari frozen shoulder itu sendiri karena adanya trauma dan juga tanpa adanya trauma yang muncul secara perlahan-lahan. Penderita frozen shoulder paling tinggi terjadi pada perempuan sebanyak 3,34 sedangkan laki-laki 2,4 dari 1000 orang masing-masing jenis kelamin. Pada kasus ini permasalahan yang dijumpai pada pasien yaitu adanya spasme pada otot deltoid dextra dan otot upper trapezius dextra, nyeri diam, gerak dan tekan pada area bahu, penurunan pada seluruh kekuatan otot shoulder dextra serta penurunan aktivitas fungsional pada bahu menggunakan shoulder pain and disability Index (SPADI). Dari ditemukannya permasalahan yang terjadi pada pasien diperlukannya penanganan oleh fisioterapi untuk menyelesaikan keluhan yang timbul dari frozen shoulder yang diderita pasien.

Metode: Karya Tulis Ilmiah ini bersifat studi kasus, mengangkat kasus pasien dan mengumpulkan data melalui proses fisioterapi. Modalitas yang diberikan adalah *transcutaneous electrical nerve stimulation (TENS)*, *infrared* dan terapi latihan yang dilakukan sebanyak 5 kali pertemuan.

Hasil Penelitian: Penatalaksanaan fisioterapi dengan modalitas *transcutaneous electrical nerve stimulation, infrared* dan terapi latihan pada kasus *frozen Shoulder* telah dilakukan terapi sebanyak 5 kali sesuai dengan SOP yang ditandai dengan hasil berupa penurunan nyeri, peningkatan lingkup gerak sendi, peningkatan kekuatan otot, penurunan *spasme* dan adanya peningkatan aktivitas fungsional dengan menggunakan modalitas tersebut.

Kesimpulan: Kekakuan dan penurunan kualitas jaringan para area shoulder yang diakibatkan oleh frozen shoulder et causa capsulitis adhesiva akan mengakibatkan ketidaknyamanan karena rasa nyeri serta penurunan kualitas hidup pasien dalam beraktivitas. Sehingga pada kasus tersebut yang telah diderita oleh pasien atas nama Ny. M telah dilakukan 5 kali terapi dengan fisioterapi menggunakan modalitas *transcutaneous electrical nerve stimulation, infrared* dan terapi latihan pada kasus *frozen shoulder dextra et causa capsulitis adhesiva* mendapatkan hasil berupa adanya penurunan *spasme*, penurunan rasa nyeri, peningkatan lingkup gerak sendi (LGS) *shoulder dextra*, peningkatan kekuatan otot dan adanya peningkatan aktivitas fungsional.

Kata Kunci : *Frozen shoulder, infrared, transcutaneous electrical nerve stimulation*, terapi latihan.

Referensi : 62 (2014 – 2025)

ABSTRACT

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Title of Final Project Report: Physiotherapy Management of Frozen Shoulder Et Causa Capsulitis Adhesiva Using Modalities of Transcutaneous Electrical Nerve Stimulation, Infrared and Exercise Therapy.

Total 15 front attachments, 103 pages, 24 tables, 31 figures, 9 final attachments

Background: Frozen shoulder is a chronic inflammation in the joint capsule where the sufferer experiences pain which results in a limited scope of motion of the joint, especially in rotational movements. The cause of frozen shoulder itself is due to trauma and also without trauma which appears slowly. Patients with frozen shoulder are highest in women as much as 3.34 while men are 2.4 out of 1000 people of each gender. In this case, the problem found in the patient is the spasm of the dextra deltoid muscle and the dextra upper trapezius muscle, silent, motion and tenderness in the shoulder area, a decrease in all dextra shoulder muscle strength and a decrease in functional activity in the shoulder using the shoulder pain and disability Index (SPADI). From the discovery of problems that occur in patients, it is necessary to be treated by physiotherapy to resolve complaints arising from frozen shoulder suffered by patients.

Methods: This scientific paper is a case study, raising patient cases and collecting data through the physiotherapy process. The modalities given are transcutaneous electrical nerve stimulation (TENS), infrared and exercise therapy which are carried out 5 times a meeting.

Research Results: Physiotherapy management with the modality of transcutaneous electrical nerve stimulation, infrared and exercise therapy in frozen shoulder cases has been carried out therapy 5 times in accordance with the SOP which is characterized by results in the form of decreased pain, increased scope of joint motion, increased muscle strength, decreased spasm and increased functional activity using these modalities.

Conclusion : Stiffness and decreased tissue quality of the shoulder area caused by frozen shoulder et causa capsulitis adhesiva will cause discomfort due to pain and decrease the patient's quality of life in activities. So that in these cases that have been suffered by patients on behalf of Mrs. M, 5 times therapy with physiotherapy using the modality of transcutaneous electrical nerve stimulation, infrared and exercise therapy in cases of frozen shoulder dextra et causa capsulitis adhesiva get results in the form of decreased spasm, decreased pain, increased scope of joint motion (LGS) of the dextra shoulder, increased muscle strength and increased functional activity.

Keywords: Frozen Shoulder, Infrared, Transcutaneous Electrical Nerve Stimulation, Exercise Therapy.

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