

ABSTRAK

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Judul Laporan Tugas Akhir Studi: Penatalaksanaan Fisioterapi pada *Post ORIF Fraktur Radius 1/3 Proximal Sinistra* dengan *Infra Red* Dan Terapi Latihan

Latar Belakang: *Fraktur* merupakan istilah dari hilangnya sebagian atau keseluruhan kontinuitas tulang, tulang rawan, *Fraktur* ialah patah tulang yang disebabkan oleh trauma langsung ataupun tidak langsung. Pada *fraktur radius 1/3 proximal sinistra* ini terjadi karena benturan ataupun trauma secara langsung pada lengan bagian kiri akibat kecelakaan lalu lintas atau jatuh. Problematika yang dialami pasien yakni kelemahan atau gangguan seperti keluhan adanya nyeri, penurunan kekuatan otot, penurunan lingkup gerak sendi dan gangguan aktifitas fungsional.

Metode: *Infra Red* (IR) dan Terapi Latihan (TL) dapat mengurangi nyeri, dapat meningkatkan kekuatan otot dan dapat meningkatkan lingkup gerak sendi pada lengan kiri.

Hasil: Penatalaksanaan fisioterapi pada *Post ORIF Fraktur Radius 1/3 Proximal Sinistra* dengan *Infra Red* dan Terapi Latihan berupa *Free Active Exercise*, *Passive Exercise*, dan *Resisted Active Exercise* dapat mengurangi nyeri, peningkatan ROM, peningkatan kekuatan otot dan peningkatan aktivitas fungsional

Kata Kunci: *Fraktur radius*, *post ORIF*, *infra red*, terapi latihan, *Free Active Exercise*, *Passive Exercise*, dan *Resisted Active Exercise*.

Referensi: 35 (dari 2015-2025)

ABSTRACT

Student Name: Fadel Ahmad Dzaky

Title of Final Project Report: Physiotherapy Management of Post ORIF Fracture of Left Proximal 1/3 Radius Using Infra Red and Exercise Therapy

Background: Fracture is a term for the loss of some or all of the continuity of bone, cartilage, Fracture is a broken bone caused by direct or indirect trauma. In this left proximal 1/3 radius fracture, it occurs due to direct impact or trauma to the left arm due to a traffic accident or fall. The problems experienced by patients are weakness or disorders such as complaints of pain, decreased muscle strength, decreased range of motion of joints and impaired functional activity.

Method: Infrared (IR) and Exercise Therapy (TL) can reduce pain, can increase muscle strength and can increase the range of motion of the joints in the left arm.

Results: Physiotherapy management of Post Orif Fracture of Radius 1/3 Proximal Left with Infra Red and Exercise Therapy in the form of Free Active Exercise, Passive Exercise, and Resisted Active Exercise can reduce pain, increase ROM, increase muscle strength and increase functional activity.

Keywords: Radius fracture, post ORIF, infra red, exercise therapy, Free Active Exercise, Passive Exercise, and Resisted Active Exercise.

Referensi: 35 (dari 2015-2025)