

ABSTRAK

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Judul Laporan Tugas Akhir : Penatalaksanaan Fisioterapi dengan *Infra Red* dan Terapi Latihan pada *Joint Stiffness Wrist et causa Post Immobilisasi GIPS Fraktur 1/3 Distal Os Radius Dextra*.

Terdiri dari 13 Lampiran Depan, 97 Halaman, 22 Tabel, 25 Gambar, 5 Grafik, dan 7 Lampiran Belakang.

Latar Belakang : Fraktur merupakan terputusnya kontinuitas struktural tulang atau kartilago dengan atau tanpa disertai sublukasi fragmen yang terjadi karena trauma atau aktivitas fisik dengan tekanan yang berlebihan. Fraktur *radius* biasanya paling sering terjadi akibat dari jatuh dengan tangan terulur. Fraktur *1/3 radius dextra* dapat dilakukan reposisi serta reduksi dengan menggunakan pembidaian (gips). Akibat yang ditimbulkan dari fraktur *1/3 radius distal* salah satunya adalah *stiffness wrist joint*. Peran Fisioterapi pada kasus ini yaitu untuk mengembalikan fungsi dan gerak tubuh semaksimal mungkin dengan memberikan modalitas berupa *Infra red*, dan Terapi Latihan.

Metode : Karya Tulis Ilmiah ini bersifat studi kasus, mengangkat kasus pasien dan mengumpulkan data melalui proses fisioterapi. Modalitas yang diberikan adalah *Infra Red*, dan Terapi Latihan.

Hasil Penelitian : Penatalaksanaan Fisioterapi dengan *Infra Red* dan Terapi Latihan pada *Joint Stiffness Wrist et causa Post Immobilisasi GIPS Fraktur 1/3 Distal Os Radius Dextra* setelah dilakukan fisioterapi sebanyak lima kali didapatkan hasil adanya penurunan rasa nyeri, penurunan *odema*, peningkatan lingkup gerak sendi, peningkatan kekuatan otot, penurunan spasme, serta peningkatan kemampuan fungsional dengan WHDI.

Kesimpulan : *Infra Red* dan Terapi Latihan yang diberikan pasien dapat membantu menurunkan nyeri, *odema*, peningkatan lingkup gerak sendi, peningkatan kekuatan otot, penurunan spasme serta peningkatan kemampuan fungsional.

Kata Kunci : Fraktur radius, Pasca Immobilisasi, *Infra Red*, *free active exercise*, *pasif exercise*, *resisted active exercise* dan *Hold Relax*.

Referensi : 68 (2015-2025)

ABSTRACT

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Title of Final Project Report : Physiotherapy Management with Infra Red and Exercise Therapy on Joint Stiffness Wrist et causa Post Immobilization CAST Fracture 1/3 Distal Os Radius Dextra.

Consists of 13 front appendices, 97 pages, 22 tables, 25 figures, 5 graphs, and 7 back appendices.

Background: A fracture is the interruption of the structural continuity of bone or cartilage, with or without accompanying subluxation of fragments, occurring due to trauma or physical activity with excessive pressure. Radius fractures usually occur most often due to falling with an outstretched hand. Fracture of the 1/3 of the radius can be repositioned and reduced using immobilization (cast). One of the consequences of a distal 1/3 radius fracture is wrist joint stiffness. The role of physiotherapy in this case is to restore function and body movement as much as possible by providing modalities such as Infrared and Exercise Therapy.

Method : This Scientific paper is a case study, raising patient cases and collecting data through the physiotherapy process. The modalities given are Infra Red, and Exercise Therapy.

Research Results : Physiotherapy Management with Infrared and Exercise Therapy in the form of free active exercise, passive exercise, resisted active exercise, and Hold Relax for Joint Stiffness of the Wrist et causa Post Immobilization of a 1/3 Distal Radius Fracture Dextra after undergoing physiotherapy five times showed a reduction in pain, reduction in edema, increased joint range of motion, increased muscle strength, reduction in spasms and improved functional ability with WHDI.

Conclusion : Infra Red and Exercise Therapy given by patients can help reduce pain, odema, increase joint range of motion, improve muscle strength, reduction in spasms, and improved functional ability.

Keywords : Radius fracture, Post-Immobilization, Infra Red, free active exercise, passive exercise, resisted active exercise and Hold Relax.

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