

ABSTRAK

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Judul Laporan Akhir Studi : Penatalaksanaan Fisioterapi pada *Bell's Palsy Dextra* dengan *Infra Red*, *Electrical Stimulation*, dan *Massage*

Terdiri dari 13 Lampiran Depan, 74 Halaman, 10 Tabel, 14 Gambar, 3 Grafik, 7 Lampiran Akhir.

Latar Belakang: *Bell's Palsy* merupakan kondisi kelemahan akut pada otot wajah yang terjadi secara sepihak akibat gangguan pada *saraf perifer*. Meskipun penyebab pastinya belum diketahui secara pasti, beberapa faktor seperti paparan berlebihan terhadap AC atau kipas angin, suhu dingin, serta infeksi *virus herpes* sering dikaitkan dengan munculnya kondisi ini. Penanganan fisioterapi yang diberikan mencakup penggunaan *Infra Red*, stimulasi listrik (*Electrical Stimulation*), dan pijat (*Massage*).

Tujuan: Untuk mengetahui Penatalaksanaan Fisioterapi Dengan *Infra Red* (IR) *Electrical Stimulation* (ES), dan *Massage*.

Metode: *Infra Red*, *Electrical Stimulation*, *Massage*.

Hasil Penelitian: Penatalaksanaan Fisioterapi Pada *Bell's Palsy Dextra* Dengan *Infra Red*, *Electrical Stimulation*, Dan *Massage* telah dilakukan sesuai dengan SOP yang di dapatkan hasil. Mulai ada kerutan dahi, menutup mata sudah rapat, jika tersenyum lebih simetris di bibirnya.

Kesimpulan: Setelah dilakukan penatalaksanaan fisioterapi dengan *Infra Red*, *Electrical Stimulation*, dan *Massage* pada *Bell's Palsy Dextra*, dengan menggunakan *infra red*, *electrical stimulation*, dan *massage* dengan pemeriksaan nyeri menggunakan VAS, kekuatan otot menggunakan MMT, dan aktivitas fungsional wajah menggunakan *skore Ugo Fisch* ditemukan hasil adanya penurunan nyeri tekan di belakan telinga, adanya peningkatan kekuatan otot dan peningkatan aktivitas fungsional wajah sebelah kanan.

Kata Kunci: *Bell's Palsy*, *Infra Red*, *Electrical Stimulation*, *Massage*.

Referensi: 71 (2014 – 2024)

ABSTRACT

Student Name: Achmad Muhzadi Hazir

Title of Final Study Report: *Physiotherapy Management in Cases of Right Bell's Palsy with Infra Red, Electrical Stimulation, and Massage Modalities.*

Consisting of 13 Front Appendices, 74 Pages, 10 Tables, 14 Figures, 3 Graphs, 7 Final Appendices.

Background: *Bell's Palsy is a condition of acute weakness in the facial muscles that occurs unilaterally due to disorders of the peripheral nerves. Although the exact cause is not yet known for sure, several factors such as excessive exposure to air conditioning or fans, cold temperatures, and herpes virus infections are often associated with the emergence of this condition. Physiotherapy treatments provided include the use of Infra Red, Electrical Stimulation, and Massage.*

Objective: *To learn about Physiotherapy Management with Infra Red (IR), Electrical Stimulation (ES), and Massage.*

Results: *Infrared, Electrical Stimulation, Massage.*

Research result: *Physiotherapy Management of Bell's Palsy Right With Infra Red, Electrical Stimulation, and Massage has been carried out in accordance with the SOP that obtained the results. There are starting to be forehead wrinkles, closing the eyes is tight, if smiling is more symmetrical on the lips.*

Conclusion: *After physiotherapy management with Infra Red, Electrical Stimulation, and Massage was carried out on Bell's Palsy Right, using Infra Red, Electrical Stimulation, and Massage with pain examination using VAS, muscle strength using MMT, and facial functional activity using the Ugo Fisch score, it was found that there was a decrease in pressure pain behind the ear, an increase in muscle strength and an increase in functional activity of the right face.*

Keywords: *Bell's Palsy, Infra Red, Electrical Stimulation, Massage.*

Reference: 71 (2014 – 2024)