

ABSTRAK

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Judul Laporan Tugas Akhir Studi : Penatalaksanaan Fisioterapi pada *Tennis Elbow Sinistra* dengan *Ultrasound* dan Terapi Latihan,

Terdiri dari 15 Lampiran depan, 94 Halaman, 22 Tabel, 11 Gambar, 4 Grafik, 7 Lampiran Akhir.

Latar Belakang : *Tennis Elbow* adalah nyeri siku atau di bagian epicondylus lateral yang terjadi karena cedera yang sebab penggunaan berlebihan. Cedera ini biasanya muncul ketika seseorang terlalu cepat melakukan latihan atau pekerjaan yang melebihi batas kemampuannya (*overuse*), sehingga menyebabkan peradangan. *Tennis elbow* ditandai dengan radang pada bagian luar siku yang menyebabkan rasa nyeri di area siku dan lengan bawah, terutama saat melakukan gerakan ekstensi pergelangan tangan atau jari-jari, serta saat melakukan aktivitas mencengkeram. Teknologi fisioterapi yang digunakan dalam problematika tersebut ialah ultrasound dan terapi latihan yang bertujuan untuk mengurangi nyeri, meningkatkan lingkup gerak sendi, menambah kekuatan otot, mengurangi spasme serta meningkatkan aktivitas fungsional.

Metode : Karya Tulis Ilmiah ini bersifat studi kasus, mengangkat kasus pasien dan mengumpulkan data melalui proses fisioterapi. Modalitas yang diberikan yaitu *Ultrasound*, Terapi Latihan menggunakan *Passive Streching* dan *Eccentric Exercise*.

Hasil : Setelah dilakukan 4 kali terapi didapatkan hasil adanya penurunan nyeri, peningkatan lingkup gerak sendi, meningkatnya kekuatan otot, menurunnya spasme serta meningkatnya aktivitas fungsional.

Kesimpulan : *Ultrasound*, terapi latihan menggunakan *passive stretching* dan *eccentric exercise* yang diberikan pada pasien selama 4 kali terapi didapatkan hasil yang baik berupa penurunan nyeri, peningkatan lingkup gerak sendi, peningkatan kekuatan otot dan peningkatan fungsional aktivitas

Kata kunci : *Tennis elbow*, *Ultrasound*, terapi Latihan, *Passive stretching*, *Eccentric Exercise*, *Patient Rated Tennis elbow Evaluation (PRTEE)*

Reverensi : 49 (2014-2024)

ABSTRACT

Student Name: Mayyaza Min Azkia

Title of Final Project Report: Management of Physiotherapy in Tennis Elbow Sinistra with Ultrasound and Exercise Therapy

Consists of 15 Front Attachment, 94 Pages, 22 Tables, 11 Images, 4 Graphs, 7 Final Attachments.

Background: Tennis Elbow is pain in the elbow or in the lateral epicondyle that occurs due to injury caused by excessive use. This injury usually occurs when someone does exercise or work too quickly that exceeds their ability (overuse), causing inflammation. Tennis elbow is characterized by inflammation on the outside of the elbow that causes pain in the elbow and forearm area, especially when doing wrist or finger extension movements, and when doing gripping activities. The physiotherapy technology used in this problem is ultrasound and exercise therapy, which aims to reduce pain, increase joint range of motion, increase muscle strength, reduce spasms and increase functional activity.

Method: This Scientific Paper is a case study, raising patient cases and collecting data through the physiotherapy process. The modalities given are Ultrasound, Exercise Therapy using Passive Stretching and Eccentric Exercise.

Results: After 4 therapies, the results were reduced pain, increased range of motion of joints, increased muscle strength and increased functional activity.

Conclusion: Ultrasound, exercise therapy using passive stretching and eccentric exercise given to patients during 4 therapies showed good results in the form of reduced pain, increased range of motion of joints, increased muscle strength, decreased spasms and increased functional activity

Keywords: Tennis elbow, Ultrasound, Exercise therapy, Passive stretching, Eccentric Exercise, Patient Rated Tennis elbow Evaluation (PRTEE)

References: 49 (2014-2024)