

ABSTRAK

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Penatalaksanaan Fisioterapi pada kasus *Post Op* Rekontruksi *Anterior Cruciate*

Ligamen *Dextra* Fase Satu dengan Terapi Latihan

Latar Belakang: Cidera ACL merupakan salah satu cidera yang banyak dialami oleh atlet. Salah satunya adalah atlet basket. Hal ini terjadi karena olahraga basket terdapat banyak gerakan – gerakan kecepatan, berubah arah, lompat dan landing. Upaya penanganan cidera ruptur total ACL adalah dengan cara rekonstruksi. Program fisioterapi pasca rekonstruksi ACL menggunakan protokol terapi latihan yang khusus meliputi fase 1, fase 2, fase 3 dan fase 4. Pada fase 1 terapi latihan bertujuan untuk mengurangi nyeri, oedem, meningkatkan LGS dan kekuatan otot

Metode: Metode penelitian yang digunakan adalah *single – case study* terhadap pasien Laki – laki berusia 19 Tahun yang mengalami cidera Rekonstruksi ACL lutut kanan dengan terapi latihan berupa *Quad Set, Straight Leg Raise (SLR), Heel Slide, Wall Slide, dan Angkle Pump*.

Hasil: Setelah dilakukan Terapi selama 4x didapatkan hasil berkurangnya nyeri, bertambahnya kakuatan otot Flexor knee dan otot Extensor knee dan bertambahnya lingkup gerak sendi aktif flexi knee dan extensi knee.

Kesimpulan: Penatalaksanaan Terapi Latihan Fase 1 pada pasien *Post Rekonstruksi ACL knee destra* dapat mengurangi nyeri, meningkatkan kekuatan otot, dan meningkatkan lingkup gerak sendi.

Kata kunci: *Anterior Cruciate* Ligamen

Referensi: 25(dari 2015 – 2024)

ABSTRACT

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Physiotherapy Management in the case of Post Op Reconstruction of Anterior Cruciate Ligament

Ligament Dextra Phase One with Exercise Therapy

Background: ACL injury is one of the injuries that many athletes experience. One of them is basketball athletes. This happens because basketball sports have a lot of movements - speed movements, changing direction, jumping and landing. Efforts to treat total ACL rupture injuries are by reconstruction. The physiotherapy program after ACL reconstruction uses a special exercise therapy protocol including phase 1, phase 2, phase 3 and phase 4. In phase 1, exercise therapy aims to reduce pain, oedema, increase LGS and muscle strength.

Methods: The research method used is a single - case study of a 19-year-old male patient who suffered a right knee ACL reconstruction injury with exercise therapy in the form of Quad Set, Straight Leg Raise (SLR), Heel Slide, Wall Slide, and Ankle Pump.

Results: After the therapy was carried out for 4x, the results were reduced pain from VAS 3 to 1, increased stiffness of the Flexor knee muscle from 100 mmHg to 160 mmHg and the Extensor knee muscle from 120 mmHg to 160 mmHg, and increased the scope of active joint motion of knee flexion from 100 ° to 130 ° and knee extension from 110 ° to 135 °

Conclusion: Phase 1 Exercise Therapy Management in patients with Post Reconstruction of ACL knee destra can reduce pain, increase muscle strength, and increase the scope of joint motion

Keywords: Anterior Cruciate Ligament

References: 25 (from 2015 - 2024)

