

## ABSTRAK

**Nama Mahasiswa:** Niko Rahma Wardana

**Judul Laporan Tugas Akhir:** Penatalaksanaan Fisioterapi Dengan *Short Wave Diathermy* dan Terapi Latihan pada *Frozen shoulder dextra et causa Tendinitis Supraspinatus*

**Latar Belakang:** *Frozen shoulder* adalah gangguan yang terjadi pada area bahu berupa rasa nyeri dan kaku. Kondisi ini menyebabkan terbatasnya pergerakan pada bahu, sehingga terkadang tidak bisa di gerakkan. Orang yang mengalami penyakit ini biasanya mengalami penurunan aktivitas fungsional. Masalah sistem *muskuloskeletal* berdampak signifikan pada orang lain, keluarga, masyarakat dan juga negara karena hal itu mengurangi produktivitas individu. Sehingga dibutuhkan peran Fisioterapi dalam proses penanganan *frozen shoulder*.

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

**Hasil:** Setelah pemberian intervensi sebanyak empat kali dengan *Shortwave Diathermy* dan terapi latihan pada *Frozen Shoulder dextra et causa Tendinitis Supraspinatus* ini. Di dapatkan hasil adanya penurunan rasa nyeri pada *shoulder*, penurunan *spasme*, peningkatan lingkup gerak sendi, peningkatan kekuatan otot, serta peningkatan kemampuan fungsional pada ekstremitas atas.

**Kesimpulan:** *Shortwave Diathermy*, dan Terapi Latihan yang diberikan pada pasien dapat membantu menurunkan nyeri, menurunkan *spasme* pada *supraspinatus dextra*, meningkatkan kekuatan otot pada *shoulder*, lingkup gerak sendi *shoulder dextra*, dan kemampuan aktifitas fungsional pasien.

**Kata kunci:** *frozen shoulder, tendinitis supraspinatus, shortwave diathermy, shoulder wheel, finger walk, towel stretch.*

**Reverensi:** 59 (2015-2025)

## ABSTRACT

**Name of Student:** Niko Rahma Wardana

**Title of Final Project Study Report:** Physiotherapy Management with Short Wave Diathermy and Exercise Therapy for Frozen Shoulder Dextra and Supraspinatus Tendinitis.

**Background:** Frozen shoulder is a disorder that occurs in the shoulder area in the form of pain and stiffness. This condition causes limited movement in the shoulder, so that sometimes it cannot be moved. People who experience this disease usually experience decreased functional activity. Problems with the musculoskeletal system have a significant impact on other people, families, communities and also countries because they reduce individual productivity. So the role of Physiotherapy is needed in the process of handling frozen shoulder.

**Methods:** This Scientific Paper is a case study, raising a patient case and collecting data through the physiotherapy process. The modalities provided are Shortwave Diathermy, and Exercise Therapy.

**Results:** After four interventions with Shortwave Diathermy and exercise therapy on Frozen Shoulder dextra et causa Tendinitis Supraspinatus. The results obtained were a decrease in pain in the shoulder, a decrease in spasm, an increase in the range of motion of the joints, an increase in muscle strength, and an increase in functional ability in the upper extremities.

**Conclusion:** Shortwave Diathermy, and Exercise Therapy given to patients can help reduce pain, reduce spasms, increase muscle strength, joint range of motion, and the patient's functional activity ability.

**Keywords:** Frozen shoulder, supraspinatus tendinitis, short wave diathermy, exercise therapy, shoulder wheel, finger walk, towel stretch.

**Reference:** 59 (2015-2025)

