

ABSTRAK

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Judul Laporan : Penatalaksanaan Fisioterapi pada *Post Fracture Patella Dextra* dengan Modalitas *Cryotherapy* dan Terapi Latihan

Terdiri dari 16 halaman lampiran depan, 50 Halaman, 7 tabel, 13 gambar, 7 lampiran akhir.

Latar Belakang: Fraktur adalah gangguan pada kontinuitas tulang yang paling sering disebabkan oleh kecelakaan, namun juga dapat terjadi akibat faktor degeneratif atau patologis. Data WHO tahun 2020 menunjukkan bahwa kecelakaan merupakan penyebab utama fraktur, dengan mayoritas cedera terjadi di rumah. *Fraktur patella*, yang mencakup sekitar 1% dari seluruh cedera tulang, umumnya dialami oleh usia 20–50 tahun dan lebih sering terjadi pada pria. Cedera ini dapat menyebabkan gangguan mekanisme ekstensor lutut dan biasanya disebabkan oleh trauma langsung. Sekitar 7% kasus berupa fraktur terbuka, yang sering kali disertai kerusakan jaringan lunak dan cedera lain. Penanganan fraktur mencakup metode konservatif dan pembedahan, tergantung pada tingkat keparahan cedera dan keluhan nyeri pasien.

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

Hasil Penelitian: Pasien Tn. D, 37 tahun, menjalani fisioterapi dengan keluhan nyeri, penurunan kekuatan otot, lingkup gerak sendi, dan aktivitas fungsional. Setelah terapi sebanyak 4 kali, terjadi penurunan nyeri, peningkatan lingkup gerak sendi, kekuatan otot, serta kemampuan aktivitas fungsional.

Kesimpulan: Setelah empat kali sesi fisioterapi, pasien Tn. D menunjukkan penurunan nyeri, peningkatan kekuatan otot, peningkatan lingkup gerak sendi, dan perbaikan aktivitas fungsional secara menyeluruh.

Kata Kunci: *Fraktur patella*, fisioterapi, nyeri, kekuatan otot, lingkup gerak sendi, aktivitas fungsional, *cryotherapy*, terapi latihan

Referensi: 40 (2014-2025)

ABSTRACT

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Title of Final Project Report: Physiotherapy Management of Post Fracture Patella Dextra with Cryotherapy Modalities and Exercise Therapy

Consists of 16 front appendices, 50 pages, 7 tables, 13 figures, 7 final appendices.

Background: Fractures are disruptions in bone continuity most commonly caused by accidents, but can also result from degenerative or pathological factors. WHO data from 2020 shows that accidents are the leading cause of fractures, with the majority of injuries occurring at home. Patella fractures, which account for approximately 1% of all bone injuries, are most common among 20-50 year olds and are more common in men. These injuries can lead to disruption of the knee extensor mechanism and are usually caused by direct trauma. About 7% of cases are open fractures, which are often accompanied by soft tissue damage and other injuries. Fracture management includes conservative and surgical methods, depending on the severity of the injury and the patient's pain complaints.

Methods: This scientific paper is a case study, lifting and collecting data through the physiotherapy process. The modalities given are Cryotherapy and Exercise Therapy.

Research Results: The patient, Mr. D, aged 37, underwent physiotherapy for complaints of pain, decreased muscle strength, limited range of motion, and reduced functional activity. After four therapy sessions, there was a noticeable reduction in pain, and improvements in joint range of motion, muscle strength, and functional activity performance.

Conclusion: After four physiotherapy sessions, Mr. D showed decreased pain, increased muscle strength, increased joint range of motion, and improved overall functional activity. Mr. D showed decreased pain, increased muscle strength, increased joint range of motion, and overall improvement in functional activity.

Keywords: Patella fracture, physiotherapy, pain, muscle strength, joint range of motion, functional activity, cryotherapy, exercise therapy

Reference: 40 (2014 - 2025)