

ABSTRAK

Nama Mahasiswa : Pinkan Duan Tirani

Judul Laporan Tugas Akhir Studi : Penatalaksanaan Fisioterapi pada *Hemiparese Dextra et causa Stroke Non Hemorrhage* dengan Terapi Latihan

Terdiri dari 16 lampiran depan, 77 halaman, 17 gambar, 12 tabel, 7 lampiran akhir

Latar Belakang : *Stroke Non Hemorrhage* merupakan hilangnya fungsi otak secara tiba – tiba dikarenakan adanya sumbatan dan mengakibatkan gangguan suplai darah ke bagian otak terhenti. Area otak mengalami oklusi yang dialiri pembuluh darah bergantung pada manifestasi klinis diantaranya gangguan kontrol postural tonus, kelemahan pada otot, gangguan berbicara dan menelan, gangguan sensibilitas, gangguan penglihatan, serta face dropping atau wajah perot. Pendekatan fisioterapi yang digunakan yaitu terapi latihan berupa *active assisted exercise*, PNF, latihan mobilisasi bertahap, dan *bridging exercise*. Modalitas ini diberikan dengan tujuan untuk meningkatkan kontrol postural tonus, meningkatkan kesadaran kekuatan otot, meningkatkan sensibilitas sensoris, serta meningkatkan aktivitas fungsional untuk lebih optimal.

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

Hasil Penelitian : Penatalaksanaan Fisioterapi pada *Hemiparese Dextra et causa Stroke Non Hemorrhage* dengan Terapi Latihan setelah melakukan Fisioterapi selama 4 kali didapatkan hasil tidak adanya penurunan kekuatan otot, tidak ada penurunan ROM, tidak adanya ulkus dekubitus, belum ada peningkatan sensibilitas sensoris.

Kesimpulan : Terapi Latihan yang diberikan pada pasien dengan kelemahan anggota gerak sisi dextra karena penyakit *Stroke Non Hemorrhage* dapat membantu menjaga ROM, merangsang kesadaran kekuatan otot, dan sensibilitas sensoris pasien sehingga dapat meningkatkan kemampuan aktivitas fungsional.

Kata Kunci : *Hemiparese, Stroke Non Hemorrhage*, Terapi Latihan.

Referensi : 100 (dari 2014 – 2025)

ABSTRACT

Student Name : Pinkan Duan Tirani

Title of Final Study Report : Physiotherapy Management of *Hemiparese Dextra* et causa Stroke Non Hemorrhage With Exercise Therapy

Consist of 16 front attachments, 77 pages, 17 figures, 12 tables, 7 final attachments

Background : Stroke Non-Hemorrhage is the sudden loss of brain function caused by a blockage that disrupts blood supply to a part of the brain. The affected brain area experiences occlusion of the blood vessels, leading to clinical manifestations such as impaired postural tone control, muscle weakness, speech and swallowing difficulties, sensory disturbances, visual impairments, and facial drooping. The physiotherapy approach includes active assisted exercises, proprioceptive neuromuscular facilitation (PNF), mobilization exercises, and bridging exercises. These modalities aim to improve postural tone control, enhance muscle strength awareness, increase sensory sensitivity, and optimize functional activities.

Method : This scientific paper is a case study, raising patient cases and collecting data through the physiotherapy process. The modalities given are Exercise Therapy.

Research Results : Physiotherapy Management of *Hemiparese Dextra* et causa Stroke Non Hemorrhage With Exercise Therapy was carried out with the results of after receiving physiotherapy for 4 sessions, the results showed no decrease in muscle strength, no reduction in range of motion (ROM), no presence of pressure ulcers, and no improvement in sensory sensitivity.

Conclusion : The exercise therapy provided to patients with weakness in the dextra sided limbs due to non-hemorrhagic stroke can help maintain range of motion (ROM), stimulate muscle strength awareness, and enhance the patient's sensory sensitivity, thereby improving functional activity capabilities.

Keyword : Hemiparese, Stroke Non Hemorrhage, Exercise Therapy.

References : 100 (from 2014 – 2025)