

ABSTRAK

Nama Mahasiswa : Rahmatia Azizah

Judul Tugas Akhir : Penatalaksanaan fisioterapi dengan *Transcutaneous Electrical Nerve Stimulation* dan Terapi Latihan pada Kasus *Post Eksisi Tumor elbow dextra*

Terdiri dari 12 lampiran depan, 93 halaman, 15 tabel, 22 gambar, dan 8 lampiran akhir

Latar Belakang : Pasca operasi merupakan fase pemulihan yang dimulai setelah tindakan bedah hingga pasien diperbolehkan pulang. Bedah *eksisi* adalah prosedur bedah untuk mengangkat jaringan melalui pemotongan. Tumor merupakan massa akibat pertumbuhan sel abnormal. Meski bersifat jinak, pertumbuhannya lambat namun tetap dapat menimbulkan gangguan. Bedah *eksisi* dilakukan untuk mengangkat jaringan tumor dengan metode pemotongan langsung. Penelitian ini mengangkat kasus mahasiswa pasca *eksisi tumor* siku kanan yang mengalami nyeri, kebas, dan keterbatasan gerak.

Metode : *Transcutaneous Electrical Nerve Stimulation* (TENS), *Free Active Movement*, *Resisted Active Movement*, *Forced Passive Movement*, dan *Hold Relax*.

Hasil : Empat sesi terapi menunjukkan penurunan nyeri tekan dan gerak, peningkatan kekuatan otot dan lingkup gerak sendi, serta perbaikan aktivitas fungsional dengan skor MEPI 75 (Good).

Kesimpulan : *Transcutaneous Electrical Nerve Stimulation* (TENS), *Free Active Movement*, *Resisted Active Movement*, *Forced Passive Movement*, dan *Hold Relax* mampu membantu mengurangi problematika, yaitu adanya penurunan nyeri gerak, dan nyeri tekan, adanya peningkatan nilai kekuatan otot, adanya peningkatan lingkup gerak sendi, terjadinya peningkatan aktifitas fungsional dengan persentase index MEPI menjadi 75 (Good).

Kata Kunci : Tumor, *Transcutaneous Electrical Nerve Stimulation* (TENS), *Free Active Movement*, *Resisted Active Movement*, *Forced Passive Movement*, *Hold Relax*.

Referensi : 2007, 2014-2025

ABSTRACT

Student Name: Rahmatia Azizah

Final Project Title : Physiotherapy Management with Transcutaneous Electrical Nerve Stimulation and Exercise Therapy in Cases of Post Excision Tumor elbow dextra

Consists of 12 front attachments, 93 pages, 15 tables, 22 figures, and 8 final attachments

Background: Postoperative is the recovery phase that begins after surgery until the patient is discharged. Excisional surgery is a surgical procedure to remove tissue through cutting... A tumor is a mass due to abnormal cell growth. Although benign in nature, they are slow growing but can still cause disturbances. Excisional surgery is performed to remove tumor tissue by direct cutting. This study raised the case of a student after excision of a right elbow tumor who experienced pain, numbness, and limited movement.

Methods: Transcutaneous Electrical Nerve Stimulation (TENS), Free Active Movement, Ressed Active Movement, Forced Passive Movement, and Hold Relax.

Results: Four therapy sessions showed a decrease in pressure and motion pain, increased muscle strength and joint range of motion, and improved functional activity with an MEPI score of 75 (Good).

Conclusion: Transcutaneous Electrical Nerve Stimulation (TENS), Free Active Movement, Ressed Active Movement, Forced Passive Movement, and Hold Relax are able to help reduce problems, namely the decrease in motion pain, and tenderness, an increase in muscle strength values, an increase in the scope of joint motion, an increase in functional activities with a percentage of the MEPI index to 75 (Good).

Keywords: Tumor, Transcutaneous Electrical Nerve Stimulation (TENS), Free Active Movement, Ressed Active Movement, Forced Passive Movement, Hold Relax.

Reference: 2007, 2014-2025