

## ABSTRAK

**Nama Mahasiswa:** Rosalia Gressi Meilinda Sari

**Judul Laporan Tugas Akhir Studi:** Penatalaksanaan Fisioterapi Pasien *Pneumonia* Dengan *Infrared*, *Chest Physiotherapy* dan *Myofascial Release*.

Terdiri dari 17 halaman lampiran depan, 98 Halaman, 23 tabel, 35 gambar, 7 lampiran akhir.

**Latar Belakang:** *Pneumonia* adalah penyakit Infeksi Saluran Pernapasan Bawah Akut pada *parenkim* paru meliputi alveolus dan jaringan *interential* yang disebabkan oleh mikroorganisme seperti jamur, virus dan bakteri. Mikroorganisme yang masuk kedalam saluran pernapasan bagian bawah menyebabkan saluran pernapasan terganggu dan tidak berfungsi dengan baik sehingga keluar masuknya oksigen juga akan terganggu dan tidak berfungsi dengan baik dan akan mengakibatkan gangguan pola napas. Beberapa permasalahan lain yang ditimbulkan seperti batuk berdahak, *spasme* otot bantu pernapasan, penurunan *ekspansi thoraks* dan juga nyeri dada. Tenaga medis berperan dalam pemberian antibiotik selama 8 jam setelah pasien mengalami perawatan dan fisioterapi berperan dalam pemberian intervensi penyinaran *Infrared*, *Chest physiotherapy*, dan *Myofascial release*.

**Metode:** Karya Tulis Ilmiah ini bersifat studi kasus, mengangkat kasus pasien dan mengumpulkan data melalui proses fisioterapi selama 4 kali pertemuan dengan *Infrared*, *Chest physiotherapy* yang meliputi *Postural Drainage*, *Clapping Vibrasi*, Batuk Efektif, *Pursed Lip Breathing* dan *Myofascial release*.

**Hasil Penelitian:** Setelah dilakukan 4 kali pertemuan fisioterapi dengan T1 pada tanggal 5 Februari 2025, T2 pada tanggal 6 Februari 2025, T3 pada tanggal 8 Februari 2025 dan T4 tanggal 10 Februari 2025 didapatkan hasil adanya penurunan nyeri dada, adanya penurunan derajat sesak napas, adanya peningkatan pengembangan pengembangan *ekspansi thoraks*, penurunan *spasme* otot bantu pernapasan dan *retensi sputum* serta peningkatan aktivitas fungsional pasien.

**Kesimpulan:** Penatalaksanaan fisioterapi dengan *Infrared*, *Chest physiotherapy*, *Myofascial release* yang dilakukan pada kasus *Pneumonia* selama 4 kali terapi didapatkan hasil adanya penurunan nyeri dada, adanya penurunan derajat sesak napas, adanya peningkatan pengembangan pengembangan *ekspansi thoraks*, penurunan *spasme* otot bantu pernapasan dan *retensi sputum* serta peningkatan aktivitas fungsional pasien.

**Kata Kunci:** *Pneumonia*, *Infrared*, *Chest physiotherapy*, *Myofascial Release*.

**Referensi:** 106 (2014 - 2025)

## ABSTRACT

**Student Name:** Rosalia Gressi Meilinda Sari

**Title of Final Project Report:** Management Physiotherapy of Patient Pneumonia with Infrared, Chest Physiotherapy and Myofascial Release.

Consists of 17 front appendices, 98 pages, 23 tables, 35 figures, 7 final appendices.

**Background:** Pneumonia is an acute lower respiratory tract infection in the lung parenchyma including alveolus and interstitial tissue caused by microorganisms such as fungi, viruses and bacteria. Microorganisms that enter the lower respiratory tract cause the respiratory tract to be disrupted and not function properly so that the entry and exit of oxygen will also be disrupted and not function properly and will result in disturbed breathing patterns. Several other problems are caused such as coughing up phlegm, spasms of the respiratory muscles, decreased thoracic expansion and also chest pain. Medical personnel play a role in administering antibiotics for 8 hours after the patient undergoes treatment and physiotherapy plays a role in providing Infrared irradiation, Chest physiotherapy, and Myofascial release interventions.

**Methods:** This scientific paper is a case study, raising patient cases and collecting data through the physiotherapy process for 4 meetings with Infrared, Chest physiotherapy which includes Postural Drainage, Clapping Vibration, Effective Coughing, Pursed Lip Breathing and Myofascial release.

**Research Results:** After 4 physiotherapy meetings with T1 on February 5, 2025, T2 on February 6, 2025, T3 on February 8, 2025 and T4 on February 10, 2025, the results obtained were a decrease in chest pain, a decrease in the degree of shortness of breath, an increase in the development of thoracic expansion, a decrease in spasm of respiratory muscles and sputum retention and an increase in the patient's functional activity.

**Conclusion:** Physiotherapy management with Infrared, exercise therapy including Chest physiotherapy, Myofascial release and Pursed Lip Breathing performed in pneumonia cases for 4 times therapy obtained the results of a decrease in chest pain, a decrease in the degree of shortness of breath, an increase in the development of thoracic expansion, a decrease in spasm of respiratory muscles and sputum retention and an increase in the patient's functional activity.

**Keywords:** Pneumonia, Infrared, Chest physiotherapy, Myofascial Release.

**Reference:** 106 (2014 - 2025)