

ABSTRAK

Nama Mahasiswa: Ruhen Arya Bujana

Judul Laporan Tugas Akhir: Penatalaksanaan Fisioterapi *Post Orif Fraktur Humerus 1/3 Distal Sinistra* dengan Modalitas *Infrared* dan Terapi latihan.

Terdiri dari 15 lampiran depan, 92 halaman, Tabel, Gambar, lampiran akhir

Latar Belakang: *Fraktur* adalah hilangnya kontinuitas tulang yang disebabkan karena oleh tekanan yang tiba-tiba dan berlebihan, cedera langsung maupun cedera tidak langsung. *Fraktur* humerus dapat diklasifikasikan menjadi *proksimal*, *shaft* dan *distal*. *Open Reduction Internal Fixation (ORIF)* dengan *Screw* merupakan suatu pembedahan dengan pemasangan internal *fiksasi* pada tulang yang mengalami *fraktur* berfungsi untuk mempertahankan posisi *fragmen* tulang saat proses penyambungan. *Screw* pada tindakan *ORIF* menimbulkan masalah seperti nyeri, *spasme* otot, keterbatasan gerakan dan penurunan kekuatan otot. Penatalaksanaan fisioterapi yang dapat dilakukan pada kondisi tersebut adalah dengan intervensi *infrared* dan terapi latihan.

Metode: Karya tulis ilmiah ini bersifat studi kasus mengangkat kasus pasien dan mengumpulkan data melalui proses fisioterapi. Modalitas yang diberikan adalah *infrared* dan terapi latihan.

Hasil: Setelah pemberian intervensi sebanyak empat kali dengan *infrared* dan terapi latihan pada paska *ORIF* pada *fraktur humerus 1/3 distal sinistra* ini. Didapatkan hasil adanya penurunan rasa nyeri, peningkatan lingkup gerak sendi, peningkatan kekuatan otot, serta peningkatan kemampuan fungsional.

Kesimpulan: Penatalaksanaan fisioterapi dengan modalitas *infrared* dan terapi latihan berupa *forced active exercise*, *free active movement*, *resisted active movement* selama empat kali pertemuan.

Kata kunci: *Fraktur humerus, infrared, forced active exercise, free active movement, resisted active movement*

Reverensi: 58 (2015-2025)

ABSTRACT

Student Name: Ruhen Arya Bujana

Final Project Report Title: Physiotherapy Management of Post Orif Fracture of Humerus 1/3 Distal Sinistra with Infrared Modalities and Exercise Therapy.

Consists of 15 front attachments, 92 pages, tables, figures, final attachments

Background: Fracture is the loss of bone continuity caused by sudden and excessive pressure, direct injury or indirect injury. Humeral fractures can be classified into proximal, shaft and distal. Open Reduction Internal Fixation (ORIF) with Screw is a surgery with internal fixation of the fractured bone to maintain the position of the bone fragments during the splicing process. Screws in ORIF actions cause problems such as pain, muscle spasm, limitation of movement and decreased muscle strength. Physiotherapy management that can be done in these conditions is with infrared intervention and exercise therapy.

Methods: This scientific paper is a case study that raises patient cases and collects data through the physiotherapy process. The modalities given are infrared and exercise therapy.

Results: After giving intervention four times with infrared and exercise therapy on post ORIF on this sinistra distal 1/3 humerus fracture. The results showed a decrease in pain, an increase in the scope of joint motion, an increase in muscle strength, and an increase in functional ability.

Conclusion: Physiotherapy management with infrared modality and exercise therapy in the form of forced active exercise, free active movement, resisted active movement for four meetings.

Keywords: Humerus fracture, infrared, forced active exercise, free active movement, resisted active movement

References: 58 (2015-2025)

