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UNIVERSITAS AL-IRSYAD CILACAP

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KARYA TULIS ILMIAH

APLIKASI INFRA RED DAN SELF STRETCHING EXERCISE UNTUK MENGURANGI NYERI PADA KONDISI VARICOSE VEIN

Latar Belakang dan Tujuan Penulisan: Varises adalah vena normal yang mengalami dilatasi akibat pengaruh peningkatan tekanan vena. Problematika yang muncul pada kondisi varicoce vein diantaranya, adanya nyeri pada area betis sebelah kiri saat dilakukan gerak aktif, pasif, dan aktif melawan tahanan, adanya rasa nyeri saat berjalan, dan adanya ketidaknyamanan berupa rasa nyeri saat bekerja. Tujuan penulisan laporan Karya Tulis Ilmiah ini untuk mengetahui pengaruh Infra Red dan Self Stretching Exercise untuk Mengurangi Nyeri dan Meningkatkan Kemampuan Aktivitas Fungsional pada Kondisi Varicose Vein.

Metode Penelitian : Pada laporan karya tulis ilmiah ini, penulis memberikan beberapa tindakan kepada Ny. N meliputi modalitas fisioterapi infra red yang berfungsi mengurangi nyeri, dan self stretching exercise yang berguna untuk meningkatkan kemampuan aktivitas fungsional, untuk instrumen pengukuran nyeri menggunakan short form mcgill pain questionnaire, serta brief pain inventory untuk pengukuran nyeri dan kemampuan aktivitas fungsional, tindakan terapi yang dilakukan terhitung 3 kali dari tanggal 15 februari sampai 17 februari 2023.

Hasil Penelitian : Setelah dilakukan tindakan fisioterapi sebanyak 3 kali di dapatkan hasil adanya penurunan nyeri dengan hasil short form mcgill pain questionnaire nyeri sensorik T1 = 7 hingga T3 = 0, nyeri afektif T1 = 3 hingga T3 = 0, serta pada brief pain inventory didapatkan nyeri T1 = 70% hingga T3 = 100% , dan peningkatkan kemampuan aktivitas fungsional dengan hasil (a) aktivitas umum T1 = 40 hingga T3 = 0, (b) mood T1 = 20 hingga T3 = 0, (c) kemampuan berjalan T1 = 20 hingga T3 = 0, (d) pekerjaan normal T1 = 30 hingga T3 = 10, (e) hubungan dengan orang lain T1 = 20 hingga T3 = 0, (f) tidur T1 = 20 hingga T3 = 0, dan (g) kenikmatan hidup T1 = 20 hingga T3 = 0. IR dapat mengurangi nyeri dengan peningkatan suhu lokal sehingga terjadi peningkatan suplay oksigen dan nutrisi ke jaringan dan membuang sisa metabolisme sehingga nyeri berkurang. Self stretching exercise meningkatkan kemampuan aktivitas fungsional dengan merangsang komponen dalam otot sehingga terjadi kontraksi dan relaksasi otot dan meningkatkan sirkulasi sehingga nyeri berkurang dan kemampuan aktivitas fungsional meningkat.

Kesimpulan : Terdapat pengaruh Infra Red dan Self Stretching Exercise untuk mengurangi nyeri dan meningkatkan kemampuan aktivitas fungsional pada kondisi Varicose Vein.

Kata kunci: *Varicose Vein, Infra Red, Self Stretching Exercise*

ABSTRACT

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SCIENTIFIC WRITING

APLIKASI INFRA RED DAN SELF STRETCHING EXERCISE UNTUK MENGURANGI NYERI PADA KONDISI VARICOSE VEIN

Background and Purpose of Writing: Varicose veins are normal veins that experience dilation due to the influence of increased venous pressure. Problems that arise in varicose vein conditions include pain in the left calf area during active, passive, and active movements against resistance, pain when walking, and discomfort in the form of pain when working. The purpose of writing this Scientific Writing report to determine the effect of Infra Red and Self Stretching Exercise to Reduce Pain and Increase Ability of Functional Activities in Varicose Vein Conditions.

Research Methods: In this scientific writing report, the authors provide several actions to Mrs. N includes infra red physiotherapy modalities that function to reduce pain, and self stretching exercises that are useful for increasing functional activity abilities, for pain measurement instruments using the short form McGill pain questionnaire, as well as a brief pain inventory for measuring pain and functional activity abilities, the therapeutic actions were carried out 3 times from February 15 to February 17, 2023.

Research Results: After 3 physiotherapy measures, the result was a decrease in pain with the results of the short form McGill pain questionnaire, sensory pain T1 = 7 to T3 = 0, affective pain T1 = 3 to T3 = 0, and in the brief pain inventory, pain was found T1 = 70% to T3 = 100%, and increased functional activity ability with the results of (a) general activity T1 = 40 to T3 = 0, (b) mood T1 = 20 to T3 = 0, (c) ability to walk T1 = 20 to T3 = 0, (d) normal work T1 = 30 to T3 = 10, (e) relationships with other people T1 = 20 to T3 = 0, (f) sleep T1 = 20 to T3 = 0, and (g) enjoyment life T1 = 20 to T3 = 0. IR can reduce pain by increasing local temperature so that there is an increase in the supply of oxygen and nutrients to the tissues and removes metabolic waste so that pain is reduced. Self stretching exercise increases the ability to perform functional activities by stimulating the components in the muscles resulting in muscle contraction and relaxation and increases circulation so that pain is reduced and the ability to perform functional activities increases.

Conclusion: There is the effect of Infra Red and Self Stretching Exercise to reduce pain and increase the ability of functional activities in Varicose Vein conditions.

Keywords: *Varicose Vein, Infra Red, Self Stretching Exercise*

