

INTISARI

UNIVERSITAS AL-IRSYAD CILACAP

DIII FISIOTERAPI

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KARYA TULIS ILMIAH

“APLIKASI TERAPI LATIHAN DAN LATIHAN JALAN METODE *PARTIAL WEIGHT BEARING* PADA KONDISI *POST ORIF FRACTURE FEMUR 1/3 MEDIAL*”

Terdiri dari 5 Bab, 72 halaman, 9 gambar, 12 tabel

Latar belakang dan tujuan penulisan : *Fracture* adalah keadaan ketika tulang patah sehingga letak atau bentuknya berubah. Patah tulang bisa terjadi jika tulang menerima kekerasan atau benturan yang kekuatannya sangat besar dari kekuatan tulang. Tujuan laporan karya tulis ilmiah ini sebagai syarat kelulusan pendidikan DIII Fisioterapi dan untuk mengetahui peran fisioterapi pada kondisi *post ORIF fracture femur 1/3 medial*.

Metode penanganan kasus: Karya Tulis Ilmiah ini bersifat studi kasus, mengangkat kasus pasien dan mengumpulkan data melalui proses fisioterapi. Modalitas yang diberikan adalah *Free Actice Exercise* dan Latihan Jalan Metode *Partial Weight Bearing*. Instrumen pengukuran dengan *visual analoq scale*, *lower extremity functional scale* dan Skala Morse.

Pembahasan : Mekanisme *Free aktive exercise* terhadap Penurunan nyeri bisa terjadi secara reflek dan disadari. Gerakan yang dilakukan secara sadar dengan perlahan dan berusaha hingga mencapai lingkup gerak sendi penuh dan diikuti relaksasi otot akan menghasilkan penurunan nyeri. Mekanisme *Free aktive exercise* dan Latihan Jalan Metode (PWB) terhadap peningkatan kemampuan aktifitas fungsional yaitu karena perintah verbal yang memunculkan persepsi kemudian terjadi aktivasi otot peningkatan respon motorik sehingga kemampuan aktifitas fungsional meningkat. Mekanisme latihan jalan metode (PWB) melakukan Resiko Jatuh Pasien Lebih Tinggi dengan membantu pencegahan/antisipasi pasien dapat diupayakan pencegahan jatuh yang perlu dilakukan.

Simpulan dan Saran: Setelah dilakukan terapi sebanyak 6 kali pada pasien usia 69 dengan kondisi *post ORIF fracture femur 1/3 medial* dengan modalitas *Free Actice Exercise* dan Latihan Jalan Metode *Partial Weight Bearing* mendapatkan hasil penurunan nyeri, peningkatan aktifitas kemampuan fungsionalnya dan mengidentifikasi pasien resiko jatuh. Saran yang dapat diberikan semoga kombinasi antara *Free Actice Exercise* dan Latihan Jalan Metode *Partial Weight Bearing* dapat dijadikan pilihan yang efektif bagi fisioterapi dalam memberikan penanganan kepada pasien *post ORIF fracture femur 1/3 medial*

Kata kunci: *ORIF fracture femur 1/3 medial*, *LEFS*, *Skala Morse*

ABSTRACT

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SCIENTIFIC WRITING

“APPLICATION OF EXERCISE THERAPY AND WALK TRAINING PARTIAL WEIGHT BEARING METHOD IN POST ORIF CONDITIONS OF 1/3 MEDIAL FEMUR FRACTURE”

Consists of 5 chapters, 72 pages, 9 pictures, 12 tables

Background and Purpose: Fracture is a condition when a bone is broken so that its location or shape changes. Fractures can occur if the bone receives violence or impact that is very strong from the strength of the bone. The prevalence of femoral fractures in Indonesia based on Basic Health Research (RISKESDA) is as large as accidents due to falls 37.3% The majority are male 63.8% and 4.5% the peak age distribution is 15-34 years and parents above 70%. The purpose of this scientific writing report is as a requirement for graduation from DIII Physiotherapy and to determine the role of physiotherapy in the post ORIF condition of medial 1/3 femur fracture.

Case Methode: This scientific paper is a case study in nature, raising patient cases and collecting data through a physiotherapy process. The modalities provided are Free Action Exercise and Partial Weight Bearing Method Walking Exercise. Measurement instrument with visual analog scale, lower extremity functional scale and Morse Scale.

Discussion of scientific papers: The mechanism of free active exercise for reducing pain can occur reflexively and consciously. Movements that are consciously done slowly and try to achieve full range of motion and followed by muscle relaxation will result in a decrease in pain. Mechanisms of Free active exercise and Walking Training Method (PWB) for increasing the ability of functional activities, namely because verbal commands that raise perceptions then muscle activation occurs, increasing motor responses so that the ability of functional activities increases. Mechanism of walking exercise method (PWB) to identify patients who are at risk of falling by helping prevent/anticipate the patient can make efforts to prevent falls that need to be done.

Conclusion and recommendation: After being treated 6 times in a patient aged 69 with a post ORIF condition, fracture of the medial 1/3 femur with the modalities of Free Action Exercise and Walking Exercises Partial Weight Bearing Method, the results were reduced pain, increased activity of functional abilities and identified patients at risk of falling. Suggestions that can be given are that the combination of Free Action Exercise and Walking Exercise with the Partial Weight Bearing Method can be used as an effective option for physiotherapy in providing treatment to patients with post ORIF medial 1/3 femur fractures

Keywords: *ORIF fracture femur 1/3 medial, LEFS, Skala Morse*

