

INTISARI

UNIVERSITAS AL-IRSYAD CILACAP
DIPLOMA III FISIOTERAPI

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KARYA TULIS ILMIAH

APLIKASI *INFRA RED RADIATING* DAN TERAPPI LATIHAN PADA KONDISI *POST OP. FRAKTUR CAPUT HUMERI DEXTRA 1/3 LATERAL*

Terdiri dari 5 Bab, 77 Halaman, 4 Gambar, 12 Tabel, 6 Lampiran

Latar Belakang dan Tujuan Penelitian : *Fraktur caput humeri* adalah suatu kondisi terputusnya kontinuitas jaringan tulang pada bagian kepala tulang *humeri* yang disebabkan oleh trauma langsung atau trauma tidak langsung. Tujuan dari penulisan karya tulis ilmiah ini untuk mengetahui pengaruh *sinar infra red radiating* dan terapi latihan pada penurunan nyeri dan peningkatan lingkup gerak sendi bahu pada pasien *post op. fraktur caput humeri dextra 1/3 lateral*.

Metode Penanganan Kasus : Pada laporan karya tulis ilmiah ini, penulis memberikan beberapa tindakan pada sampel penelitian Tn. S.L meliputi modalitas fisioterapi sinar *infra red radiating* yang berfungsi mengurangi nyeri, terapi latihan *active movement, passive movement, dan hold riley* untuk meningkatkan lingkup gerak sendi bahu, untuk instrumen pengukuran nyeri menggunakan VAS, pengukuran lingkup gerak sendi bahu menggunakan goniometer, tindakan terapi yang dilakukan terhitung 6 kali dari tanggal 9 februari sampai 24 februari 2023.

Pembahasan : Sinar *infra red radiating* dan terapi latihan *active movement, passive movement, dan hold riley* merupakan salah satu modalitas fisioterapi untuk menangani kasus *post op. fraktur caput humeri dextra 1/3 lateral*, setelah dilakukan tindakan fisioterapi sebanyak 6 kali di dapatkan hasil adanya penurunan nyeri dan peningkatan lingkup gerak sendi bahu.

Kesimpulan dan Saran : Setelah diberikan tindakan fisioterapi sebanyak 6 kali tindakan, di dapatkan hasil berupa penurunan nyeri bahu dengan pemberian sinar *infra red radiating* dan peningkatan lingkup gerak sendi bahu dengan pemberian terapi latihan *active movement, passive movement, dan hold riley*. Saran dari penulisan karya tulis ilmiah ini jika terjadi kondisi *post op. fraktur caput humeri dextra 1/3 lateral* bisa dilakukan tindakan fisioterapi berupa sinar *infra red radiating* dan terapi latihan *active movement, passive movement, dan hold riley*.

Kata kunci : *fraktur caput humeri dextra 1/3 lateral, sinar infra red radiating, terapi latihan*

ABSTRACT

AL-IRSYAD UNIVERSITY CILACAP
DIPLOMA III PHYSIOTHERAPY
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SCIENTIFIC PAPER

APPLICATION OF RADIATING INFRA RED AND EXERCISE THERAPY IN POST OP CONDITIONS. FRACTURE OF CAPUT HUMERI DEXTRA 1/3 LATERAL

Consists of 5 chapters, 77 pages, 4 figures, 12 tables, 6 attachment

Background and Research Objectives: Caput humeri fracture is a condition of discontinuity of bone tissue at the head of the humeral bone caused by direct trauma or indirect trauma. The purpose of writing this scientific paper is to determine the effect of radiating infrared rays and exercise therapy on reducing pain and increasing the scope of motion of the shoulder joint in post op patients. dextra 1/3 lateral caput humeral fracture.

Case Handling Method : In this scientific paper report, the author provides several actions on the research sample Mr. S.L including physiotherapy modalities. S.L includes radiating infrared light physiotherapy modalities that function to reduce pain, active movement exercise therapy, passive movement, and hold riles to increase the scope of motion of the shoulder joint, for pain measurement instruments using VAS, measurement of the scope of motion of the shoulder joint using a goniometer, therapeutic measures taken 6 times from February 9 to February 24, 2023.

Discussion : Radiating infrared rays and active movement, passive movement, and hold riles exercise therapy are one of the physiotherapy modalities to treat post op cases. fracture of the caput humeri dextra humeral 1/3 lateral, after taking physiotherapy action 6 times the results obtained a decrease in pain and an increase in the scope of motion of the shoulder joint.

Conclusion and Suggestion : After being given physiotherapy action for 6 times, the results were obtained in the form of a decrease in shoulder pain by giving radiating infrared rays and an increase in the scope of motion of the shoulder joint by giving active movement, passive movement, and hold riles exercise therapy. Suggestions from writing this scientific paper if there is a post op condition. dextra 1/3 lateral caput humeri fracture can be done physiotherapy action in the form of radiating infrared rays and active movement, passive movement, and hold riles exercise therapy.

Keywords : caput humeral fracture dextra 1/3 lateral, radiating infrared rays, exercise therapy