

INTISARI

UNIVERSITAS AL-IRSYAD CILACAP
DIPLOMA III FISIOTERAPI
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APLIKASI *ULTRASOUND THERAPY*, *MYOFASIAL RELEASE*, DAN *STRETCHING EXERCISE* UNTUK MENGURANGI NYERI PADA KONDISI *PLANTAR FACIITIS DEXTRA*

Terdiri dari 5 BAB, 59 Halaman, 4 Gambar, 10 Tabel

Latar Belakang dan Tujuan Penulisan : *Plantar Faciitis* merupakan nyeri tumit pagi hari pada *fascia plantar* dengan adanya robekan kecil di *apperoneus*. Tujuan Penulisan Karya Tulis Ilmiah ini untuk mengetahui pengaruh modalitas *Ultrasound Therapy*, *Myofasial Release* dan *Stretching Exercise* terhadap penurunan derajat nyeri *Plantar Faciitis Dextra*. Instrumen pengukuran menggunakan *Visual Analog Scale* (VAS) dan tindakan terapi sebanyak 4 kali dimulai pada tanggal 15 Februari sampai 22 Februari 2023.

Metode Penelitian : Penatalaksanaan dan penanganan kepada Tn. S berupa modalitas *Ultrasound Therapy*, *Myofasial Release* dan *Stretching Exercise* yang bertujuan untuk mengurangi nyeri *Plantar Faciitis Dextra* akibat cedera trauma berulang.

Hasil Penelitian : *Ultrasound Therapy*, *Myofasial Release* dan *Stretching Exercise* merupakan modalitas fisioterapi kasus *Plantar Faciitis Dextra*, setelah dilakukan terapi sebanyak 4 kali, didapatkan laporan penurunan derajat nyeri dengan hasil T1 nyeri diam: 5,8/10 ; nyeri gerak : 7,4/10 ; nyeri tekan : 5,7/10 sampai T4 nyeri diam : 0/10 ; nyeri gerak : 0/10 ; nyeri tekan : 0/10. *Ultrasound Therapy* mengurangi nyeri melalui mekanisme panas dari getaran gelombang suara yang masuk ke jaringan ikat untuk meningkatkan metabolisme lokal, sirkulasi, eksensibilitas dan regenerasi jaringan. *Myofasial Release* mengurangi nyeri melalui teknik mobilisasi jaringan lunak untuk menghilangkan tekanan *fascia* dengan mencairkan *viskositas substansi*. *Stretching Exercise* mengurangi nyeri melalui peregangan atau penguluran otot untuk mengembalikan elastisitas otot dari dampak cedera.

Kesimpulan : Setelah dilakukan penatalaksanaan dan penanganan tindakan fisioterapi sebanyak 4 kali, didapatkan hasil penurunan derajat nyeri dengan pemberian modalitas *Ultrasound Therapy*, *Myofasial Release* dan *Stretching Exercise*.

Kata Kunci : Nyeri *Plantar Faciitis Dextra*, *Ultrasound Therapy*, *Myofasial Release*, *Stretching Exercise*

ABSTRACT

AL-IRSYAD UNIVERSITY CILACAP
DIPLOMA III PHYSIOTHERAPY
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SCIENTIFIC PAPER

APPLICATION OF *ULTRASOUND THERAPY, MYOFASCIAL RELEASE, AND STRETCHING EXERCISE TO REDUCE PAIN IN THE CONDITION OF *PLANTAR FACIITIS DEXTRA**

Consists of 5 Chapters, 59 Pages, 4 Figures, 10 Tables

Background and Purpose of Writing: *Plantar Faciitis* is morning heel pain in the *plantar fascia* with small tears in the *apperoneus*. The purpose of writing this scientific paper is to determine the effect of the modality of *Ultrasound Therapy, Myofascial Release* and *Stretching Exercise* on reducing the degree of pain of *Plantar Faciitis Dextra*. The measurement instrument used *Visual Analog Scale (VAS)* and therapy action 4 times starting on February 15 to February 22, 2023.

Research Methods: Management and treatment to Mr. S in the form of *Ultrasound Therapy* modalities, *Myofascial Release* and *Stretching Exercise* modalities which aim to reduce *Plantar Faciitis Dextra* pain due to repetitive injury.

Research Results: *Ultrasound Therapy, Myofascial Release* and *Stretching Exercise* are physiotherapy modalities for *Plantar Faciitis Dextra* cases, after 4 times of therapy, a report of a decrease in pain levels was obtained with the results of T1 still pain: 5.8/10; motion pain: 7.4/10; tenderness: 5.7/10 to T4 silent pain: 0/10; motion pain: 0/10; tenderness: 0/10. *Ultrasound Therapy* reduces pain through the mechanism of heat from sound wave vibrations that enter the connective tissue to increase local metabolism, circulation, extensibility and tissue regeneration. *Myofascial Release* reduces pain through soft tissue mobilization techniques to relieve fascia pressure by liquefying the viscosity of the substance. *Stretching Exercise* reduces pain through stretching or stretching the muscles to restore muscle elasticity of the impact of repetitive injury.

Conclusion: After carrying out the management and handling of physiotherapy actions 4 times, the results obtained decreased the degree of pain with the provision of *Ultrasound Therapy modalities, Myofascial Release* and *Stretching Exercise*.

Keywords: *Plantar Faciitis Dextra Pain, Ultrasound Therapy, Myofascial Release, Stretching Exercise.*