

## INTISARI

UNIVERSITAS AL-IRSYAD CILACAP

DIII FISIOTERAPI

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### **APLIKASI *PROPIOCEPTIVE NEUROMUSCULAR FACILITATION* PADA KONDISI RIWAYAT *STROKE NON HEMORAGE***

**Latar Belakang dan Tujuan Penelitian :** *Stroke* merupakan defisit (gangguan) fungsi anggota tubuh terutama pada sistem persarafan yang dapat terjadi secara tiba-tiba dan bisa juga disebabkan karena gangguan peredaran darah di otak. Tujuan dari penulisan Karya Tulis Ilmiah ini untuk mengetahui pengaruh *Proprioceptive Neuromuscular Facilitation* terhadap peningkatan kekuatan otot, peningkatan kemampuan fungsional pada kondisi riwayat *stroke non hemorage*.

**Metode Penanganan Kasus :** Pada laporan Karya Tulis Ilmiah ini, penulis memberikan beberapa tindakan pada sampel penelitian Tn. B meliputi modalitas fisioterapi *Proprioceptive Neuromuscular Facilitation* yang berfungsi untuk meningkatkan kekuatan otot dan kemampuan fungsional, untuk instrument pengukuran kekuatan otot menggunakan *Manual Muscle Testing (MMT)* dan pengukuran kemampuan fungsional menggunakan *indeks barthel*. Tindakan terapi yang dilakukan terhitung 3 kali dari tanggal 1, 25 Februari sampai 2 Maret 2023.

**Pembahasan :** *Proprioceptive Neuromuscular Facilitation* merupakan salah satu modalitas fisioterapi untuk menangani kasus *stroke*, setelah dilakukan tindakan fisioterapi sebanyak 3 kali di dapatkan hasil adanya peningkatan kekuatan otot menggunakan MMT otot *hip*, otot *knee*, otot *ankle* dengan hasil kekuatan otot *Hip* T1 = 3, T2 = 3, T3 tidak dilakukan terapi karena tekanan darah sedang tinggi, dan peningkatan kekuatan otot *knee* T1 = 2, T2 = 3, T3 tidak dilakukan terapi karena tekanan darah sedang tinggi dan peningkatan kekuatan otot *ankle* T1 = 2, T2 = 3, T3 = Tidak dilakukan terapi karena tekanan darah sedang tinggi. Kemudian adanya peningkatan kemampuan fungsional menggunakan *indeks barthel* dengan hasil skor T1 = 9, T2 = 10, T3 = Tidak dilakukan terapi karena tekanan darah sedang tinggi.

**Kesimpulan dan Saran :** Setelah diberikan tindakan fisioterapi sebanyak 3 tindakan, didapatkan hasil berupa peningkatan kekuatan otot *hip*, *knee*, *ankle* serta peningkatan kemampuan fungsional dengan pemberian *Proprioceptive Neuromuscular Facilitation*. Saran dari penulisan Karya Tulis Ilmiah ini jika

terjadi kondisi riwayat *stroke non hemorage* bisa dilakukan tindakan fisioterapi berupa *proprioceptive neuromuscular facilitation*.

**Kata Kunci : *Stroke, Proprioceptive Neuromucular Facilitation***

## ABSTRACT

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### **APLIKASI PROPRIOCEPTIVE NEUROMUSCULAR FACILITATION PADA KONDISI RIWAYAT STROKE NON HEMORAGE**

**Background and Research Objectives :** Stroke is a deficit (disturbance) of limb function, especially in the nervous system which can occur suddenly and can also be caused by impaired blood circulation in the brain. The purpose of writing this scientific is to determine the effect of proprioceptive neuromuscular facilitation on increasing muscle strength, increasing functional ability in conditions with a history of stroke non hemorrhagic.

**Case handling methods :** In this scientific writing report, the author provides several actions on mr. B includes proprioceptive neuromuscular facilitation physiotherapy modalities which function to increase muscle strength functional abilities, for instruments for measuring muscle strength using Manual Muscle Testing (MMT) and measuring functional abilities using the barthel index. Therapeutic actions were carried out 3 times from 1, 25 February to 2 March 2023.

**Discussion :** Proprioceptive Neuromuscular Facilitation is one of the physiotherapy modalities for treating stroke cases, after 3 physiotherapy actions the result was an increase in muscle strength using the MMT of hip muscles, knee muscles, ankle muscles with the results of Hip muscle strength T1 = 3, T2 = 3 , T3 was not treated because blood pressure was high and increased knee muscle strength T1 = 2, T2 = 3, T3 was not treated because blood pressure was high and ankle muscle strength increased T1 = 2, T2 = 3, T3 = No therapy because the blood pressure is high. Then there was an increase in functional ability using the Barthel index with a score of T1 = 9, T2 = 10, T3 = No therapy was carried out because the blood pressure was high.

**Conclusion and Suggestions :** After being given 3 actions of physiotherapy, the results obtained were an increase in hip, knee, ankle muscle strength and an increase in functional ability by administering Proprioceptive Neuromuscular Facilitation. Suggestions from writing this scientific paper, if there is a history of non-hemorrhagic stroke, physiotherapy can be done in the form of proprioceptive neuromuscular facilitation.

**Keywords :** Stroke, Proprioceptive Neuromuscular Facilitation.