

PENATALAKSANAAN FISIOTERAPI PADA KASUS *BELL'S PALSY DEXTRA* DENGAN MODALITAS *INFRA RED (IR), ELECTRICAL STIMULATION (ES) DAN MASSAGE*

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ABSTRAK

Bell's palsy is a type of peripheral nerve palsy that arises acutely for unknown reasons, without any other neurologic abnormalities. In most sufferers of Bell's Palsy paralysis will recover completely, but among them the paralysis heals leaving sequelae. These sequelae may take the form of contractures, syncenesia or spontaneous spasms. In the condition of Bell's Palsy, the problems that arise include weakness of the facial muscles and decreased functional activity. Maximum facial muscle weakness will be obvious within 2 days. The research method used in the preparation of this scientific paper is a case study. To determine the effect of physiotherapy management on the condition of Bell's Palsy with Infra Red, Electrical Stimulation and Massage modalities. Methods: This research was conducted at RSUD DR. M. Ashari Pematang with an analytical descriptive method to find out the assessment and changes that can be known using a sensibility test instrument to check for numbness and thickness, palpation to check for spasms, Daniel and Worthington's scale to check muscle strength and the Ugo Fisch scale to check functional activity. Results: after 6 times of therapy, the results were obtained: there was an increase in muscle strength and an increase in functional activity from T1-T6. Conclusion: Physiotherapeutic intervention with modalities and exercise therapy can reduce problems that arise in Bell's palsy.

Keywords: Bell's palsy, Infra Red, Electrical Stimulation, Massage