

PENATALAKSANAAN FISIOTERAPI PADA KONDISI *LOW BACK PAIN MYOGENIC* DENGAN MODALITAS *INFRA RED (IR)* DAN *WILLIAM FLEXION EXERCISE* DI RSUD BENDAN KOTA PEKALONGAN

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ABSTRAK

Low Back Pain Myogenic merupakan strain/stress pada otot punggung, tendon, ligament yang biasanya ada bila melakukan aktivitas berlebihan dan nyeri bersifat tumpul. Problematika *Low Back Pain Myogeni* adalah adanya nyeri, *Spasme*, kelemahan otot. Keterbatasan lingkup gerak sendi, dan penurunan aktivitas fungsional. Pemeriksaan fisioterapi meliputi pemeriksaan nyeri dengan *Visual Analog Scale*, *Spasme* dengan palpasi, kelemahan otot dengan Manual Muscle Testing, lingkup gerak sendi dengan Goniometer dan midline, dan Aktifitas fungsional dengan indeks Oswestry. Dalam kasus ini teknologi yang dipilih adalah *Infra Red* dan *William Flexion Exercise*. Tujuan penelitian untuk mengetahui pengaruh penatalaksanaan fisioterapi pada kondisi *Low Back Pain Myogenic* dengan modalitas IR dan *William Flexion Exercise*. Penelitian ini dilakukan di RSUD Bendan Kota Pekalongan dengan desain penelitian deskriptif analitik. Subjek penelitian adalah pasien dengan kondisi *Low Back Pain Myogenic* dengan modalitas IR dan *William Flexion Exercise*. Metode pengumpulan data analisis data penelitian ini dengan menggunakan metode autoanamnesis, instrumen penelitian berupa pemeriksaan nyeri, *Spasme*, kekuatan otot, lingkup gerak sendi, dan aktifitas fungsional. Hasil penelitian sebanyak 4 kali terapi sebagai berikut: (1) terdapat penurunan nyeri tekan T1 nilai 5 menjadi T4 nilai 2 dan terdapat penurunan nyeri gerak dari T1 nilai 7 menjadi T2 nilai 5 (2) Terdapat penurunan *Spasme* dari T1 nilai 1 menjadi T4 nilai 0 (3) terdapat peningkatan kekuatan otot peningkatan grup otot Fleksor Trunk T1 nilai 3 menjadi T4 nilai 4, peningkatan grup otot Ekstensor Trunk T1 nilai 3 menjadi T4 nilai 4, peningkatan grup otot Lateral Fleksor Dextra T1 nilai 3 menjadi T4 nilai 4, peningkatan grup otot Lateral Fleksi Sinistra T1 nilai 3 menjadi T4 nilai 4, peningkatan grup otot Rotator dextra T1 nilai 2 menjadi T4 nilai 3, dan peningkatan grup otot Rotator Sinistra T1 nilai 2 menjadi T4 nilai 3. (4) terdapat peningkatan Rotasi Trunk aktif T1 Ra = 40° - 0° - 40° menjadi T4 Ra = 45° - 0° - 45°, peningkatan Rotasi Trunk pasif T1 Rp = 40° - 0° - 45° menjadi T4 Rp = 45° - 0° - 45°. (5) belum terdapat peningkatan aktifitas fungsional sehari hari. Simpulan penelitian bahwa intervensi fisioterapi dengan modalitas IR dan *William Flexion Exercise* dapat mengurangi masalah yang timbul pada kondisi *Low Back Pain Myogenic*.

Kata Kunci : *Low Back Pain Myogenic*, *Infra Red* dan *William Flexion Exercise*

**MANAGEMENT OF PHYSIOTHERAPY IN CONDITIONS
LOW BACK PAIN MYOGENIC WITH MODALITY
INFRA RED (IR) AND WILLIAM FLEXION EXERCISE
AT BENDAN HOSPITAL PEKALONGAN CITY**

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ABSTRACT

Low Back Pain Myogenic is a strain/stress on the back muscles, tendons, ligaments that are usually present when doing excessive activity and the pain is dull. The problem with *Low Back Pain Myogenic* is the presence of pain, spasm, muscle weakness. Limited range of joint motion, and decreased functional activity. Physiotherapy examination includes pain assessment with *Visual Analog Scale*, spasm with palpation, muscle weakness with Manual Muscle Testing, joint range of motion with Goniometer and midline, and functional activity with Oswestry index. In this case, the technology chosen is *Infra Red* and *William Flexion Exercise*. The purpose of the study was to determine the effect of physiotherapy management on *Low Back Pain Myogenic* conditions with IR and *William Flexion Exercise* modalities. This research was conducted at Bendan Hospital, Pekalongan City with an analytical descriptive research design. The research subjects were patients with *Low Back Pain Myogenic* with IR and *William Flexion Exercise* modalities. The method of data collection was the analysis of this research data using the autoanamnesis method, the research instrument was in the form of examination of pain, spasms, muscle strength, joint range of motion, and functional activities. The results of the study were 4 treatments as follows: (1) there was a decrease in tenderness from T1 value 5 to T4 value 2 and there was a decrease in motion pain from T1 value 7 to T2 value 5 (2) There was a decrease in spasm from T1 value 1 to T4 value 0 (3) there is an increase in muscle strength, an increase in the Flexor Trunk muscle group T1 value 3 to T4 value 4, an increase in the Extensor Trunk muscle group T1 value 3 to T4 value 4, an increase in the Lateral Flexor Dextra muscle group T1 value 3 to T4 value 4, an increase in muscle group Left lateral flexion T1 value 3 to T4 value 4, increased Rotator dextra muscle group T1 value 2 to T4 value 3, and increased left Rotator muscle group T1 value 2 to T4 value 3. (4) there is an increase in active Trunk Rotation T1 Ra = 40° - 0° - 40° to T4 Ra = 45° - 0° - 45°, increased T1 passive Trunk Rotation Rp = 40° - 0° - 45° to T4 Rp = 45° - 0° - 45°. (5) there is no increase in daily functional activities. The conclusion of the study is that physiotherapy interventions with IR and *William Flexion Exercise* modalities can reduce problems that arise in the Myogenic *Low Back Pain* condition.

Keywords : *Low Back Pain Myogenic, Infra Red* and *William Flexion Exercise*