

**IMPLEMENTATION OF PASSIVE RANGE OF MOTION EXERCISE TO
ENHANCE PERIPHERAL PERFUSION IN POST ORIF TIBIAL
FRACTURE PATIENS AT RSUD WATES**

Fitri Nur Hidayah¹, Umi Istianah², Catur Budi Susilo³
Nursing Department of the Yogyakarta Ministry of Health Polytechnic
Jl. Tata Bumi No. 3 Banyuraden, Gamping, Sleman, Yogyakarta
Email : fnr43278@gmail.com

ABSTRACT

Background : Fractures are bone injuries that require medical intervention, one of which is Open Reduction and Internal Fixation (ORIF). The ORIF procedure may trigger a natural inflammatory response that can lead to decreased blood flow, particularly in the lower extremities, thereby impeding the supply of oxygen and nutrients. This condition can hinder cellular processes involved in wound healing. To address this issue, passive Range of Motion (ROM) exercises are necessary.

Objective : This study aims to assess peripheral perfusion in post-ORIF tibial fracture patients following the implementation of passive ROM exercises.

Methods : This research employed a descriptive case study method. The subjects were two patients on the first day post-ORIF for tibial fractures. Data were collected through interviews, observation, physical examination, and document review.

Results : After three days of passive ROM exercises, both patients showed improvement in peripheral perfusion, including reduced pain scale, active movement accompanied by pain, increased muscle strength, normal sensation, warm extremities, normal skin color, strong palpable dorsalis pedis pulse, and absence of swelling.

Conclusion : The application of passive ROM exercises in post-ORIF tibial fracture patients can improve peripheral perfusion.

Keywords : Passive range of motion exercise, peripheral perfusion, post-ORIF tibial fracture

¹D-III Nursing Student of the Yogyakarta Ministry of Health Polytechnic

²Nursing Lecturer of the Yogyakarta Ministry of Health Polytechnic

³Nursing Lecturer of the Yogyakarta Ministry of Health Polytechnic

PENERAPAN LATIHAN *RANGE OF MOTION* PASIF UNTUK MENINGKATKAN PERFUSI PERIFER PADA PASIEN *POST* ORIF FRAKTUR TIBIA DI RSUD WATES

Fitri Nur Hidayah¹, Umi Istianah², Catur Budi Susilo³
Jurusan Keperawatan Poltekkes Kemenkes Yogyakarta, 55293
Jl. Tata Bumi No. 3 Banyuraden, Gamping, Sleman, Yogyakarta
Email : fnr43278@gmail.com

ABSTRAK

Latar Belakang : Fraktur merupakan masalah pada tulang yang memerlukan tindakan medis, salah satunya adalah ORIF. Tindakan ORIF dapat menyebabkan respon peradangan alami yang dapat menyebabkan penurunan aliran darah, terutama pada kaki sehingga suplai oksigen dan nutrisi terhambat. Hal ini dapat menghambat sel-sel dalam penyembuhan luka. Untuk mengatasi hal tersebut diperlukan latihan ROM pasif.

Tujuan : Penelitian ini bertujuan untuk mengetahui perfusi perifer pasien *post* ORIF fraktur tibia setelah diberikan implementasi latihan ROM pasif.

Metode : Penelitian ini menggunakan metode studi kasus deskriptif. Subjek dalam studi kasus adalah dua pasien *post* ORIF fraktur tibia hari ke-1. Pengumpulan data dilakukan dengan cara wawancara, observasi, pemeriksaan fisik, dan studi dokumen.

Hasil : Setelah dilakukan latihan ROM pasif selama tiga hari, terdapat perkembangan perfusi perifer dari kedua pasien, diantaranya skala nyeri menurun, pergerakan aktif disertai nyeri, nilai kekuatan otot meningkat, sensasi normal, akral hangat, warna kulit normal, nadi dorsalis pedis teraba kuat, dan tidak ada pembengkakan.

Kesimpulan : Penerapan latihan ROM pasif pada pasien *post* ORIF fraktur tibia dapat meningkatkan perfusi perifer pasien.

Kata Kunci : Latihan ROM pasif, perfusi perifer, *post* ORIF fraktur tibia

¹Mahasiswa Poltekkes Kemenkes Yogyakarta

²Dosen Poltekkes Kemenkes Yogyakarta

³Dosen Poltekkes Kemenkes Yogyakarta