

PENERAPAN *RANGE OF MOTION* PASIF DENGAN GANGGUAN MOBILITAS FISIK PADA PASIEN POST OPERASI FRAKTUR FEMUR DI RSUD PANEMBAHAN SENOPATI BANTUL

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ABSTRAK

Latar Belakang: Gangguan mobilitas fisik adalah kondisi seseorang sulit bergerak akibat masalah kesehatan seperti trauma, cedera, fraktur atau termasuk pada pasien post operasi. Pasien fraktur post operasi sering mengalami nyeri dan edema yang membatasi pergerakan atau aktivitas. Latihan *range of motion* pasif dapat membantu keterbatasan fungsi motorik, mencegah komplikasi dan melatih kemampuan beraktivitas akibat post operasi

Tujuan: Mengetahui penerapan *range of motion* pasif dengan gangguan mobilitas fisik pada pasien post operasi fraktur Femur di RSUD panembahan senopati bantul.

Metode: Karya Tulis ilmiah ini bersifat deskriptif dengan desain penelitian studi kasus yang mendapatkan tindakan latihan *range of motion* pasif dilakukan 3 hari 1 kali dengan rentang waktu 15-20 menit dengan 2 responden pasien post operasi fraktur femur.

Hasil: Sebelum dilakukan terapi *range of motion* pasif kekuatan otot nilai 2 setelah dilakukan *range of motion* pasif satu kali sehari selama tiga kali pertemuan pada pasien post operasi fraktur femur kekuatan otot meningkat menjadi 4. Hal ini menunjukkan bahwa kedua pasien mengalami peningkatan dalam ekstremitasnya.

Kesimpulan: Latihan *range of motion* pasif pada tonus otot terbukti dapat meningkatkan ekstremitas bawah dengan gangguan mobilitas fisik pasien post operasi fraktur femur.

Kata kunci: Gangguan mobilitas fisik, *Range Of Motion* pasif, post operasi fraktur femur.

**APPLICATION OF PASSIVE RANGE OF MOTION IN PATIENTS
WITH PHYSICAL MOBILITY IMPAIRMENT AFTER FEMUR
FRACTURE SURGERY AT THE PANEMBAHAN
SENOPATI BANTUL HOSPITAL**

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ABSTRACT

Background: *Physical mobility impairment is a condition in which a person has difficulty moving due to health problems such as trauma, injury, fracture, or in post-operative patients. Post-operative fracture patients often experience pain and edema that limit movement (activity). Passive range of motion exercises can help improve limited motor function, prevent complications, and train the ability to perform activities after surgery.*

Objective: *To understand the implementation of passive range of motion in patients with physical mobility impairment after femur fracture surgery at Panembahan Senopati Regional Hospital, Bantul.*

Methods: *This scientific paper is descriptive in nature with a case study research design. The intervention involved passive range of motion exercises conducted once a day for 3 days, with a duration of 15–20 minutes, involving two respondents who were post-operative femur fracture patients.*

Results: *Before passive range of motion therapy was administered, the muscle strength was rated at 2. After performing passive range of motion therapy once a day for three sessions on a post-operative femur fracture patient, the muscle strength increased to 4. This indicates that both patients experienced improvement in their extremities.*

Conclusion: *Passive range of motion exercises have been proven to improve the lower extremities in patients with physical mobility impairment after femur fracture surgery.*

Keywords: *Physical mobility impairment, Passive Range of Motion, post-operative femur fracture.*