

**THE APPLICATION OF BRIDGING EXERCISE IN FULFILLING
PHYSICAL MOBILITY IN STROKE PATIENTS AT DR SARDJITO
HOSPITAL**

Dina Kusuma Dewi¹, Ida Mardalena², Maryana³

^{1,2,3} Department of Nursing Polytechnic of the Ministry of Health of Yogyakarta,

Copyright © 2019 All Rights Reserved. All rights reserved.

Email: dina.kusuma.dewi360@gmail.com

ABSTRACT

Background: Stroke is one of the global diseases, both in developed and developing countries and is one of the second largest contributors of death after ischemic heart disease. There are 90% of people who experience weakness and paralysis as a result of stroke. Bridging exercise is one of the non-pharmacological therapies to overcome hemiplegia in stroke patients.

Objective: To know the application of Bridging Exercise in fulfilling physical mobility in stroke patients at Dr. Sardjito Yogyakarta Hospital

Methods: This type of study used a qualitative descriptive method of a case study design involving two patients with Stroke with a diagnosis of physical mobility disorders associated with neuromuscular disorders with an intervention given Bridging Exercise for 5 days.

Results: This study showed that there was an increase in muscle strength after bridging exercises, as evidenced by increased muscle strength from 3 to 4.

Conclusion: The bridging exercise intervention given was effective in increasing muscle strength in stroke patients.

Keywords: Stroke, muscle strength, bridging exercise, non hemorrhagic stroke, muscle weakness

PENERAPAN BRIDGING EXERCISE DALAM PEMENUHAN MOBILITAS FISIK PADA PASIEN STROKE DI RSUP DR SARDJITO

Dina Kusuma Dewi¹, Ida Mardalena², Maryana³
^{1,2,3} Jurusan Keperawatan Poltekkes Kemenkes Yogyakarta,
Jl. Tatabumi No. 3 Banyuraden, Gamping, Sleman
Email : dina.kusuma.dewi360@gmail.com

ABSTRAK

Latar Belakang: Stroke merupakan salah satu penyakit global, baik di negara maju maupun negara berkembang dan menjadi salah satu penyumbang kematian terbesar kedua setelah penyakit jantung iskemik. Terdapat 90% orang mengalami kelemahan serta kelumpuhan dampak dari penyakit stroke. *Bridging exercise* salah satu terapi non farmakologis untuk mengatasi hemiplegia pada pasien stroke.

Tujuan: Diketuinya penerapan *Bridging Exercise* dalam pemenuhan mobilitas fisik pada pasien stroke di RSUP Dr. Sardjito Yogyakarta

Metode: Jenis penelitian ini menggunakan metode deskriptif kualitatif rancangan studi kasus yang melibatkan dua pasien dengan Stroke dengan diagnosis gangguan mobilitas fisik berhubungan dengan gangguan neuromaskuler dengan intervensi yang diberikan *Bridging Exercise* selama 5 hari.

Hasil: Penelitian ini menunjukan bahwa terdapat peningkatan kekuatan otot setelah dilakukan *bridging exercise* dibuktikan dengan kekuatan otot meningkat dari 3 menjadi 4.

Kesimpulan: Intervensi *bridging exercise* yang diberikan efektif dalam meningkatkan kekuatan otot pada penderita stroke.

Kata Kunci: Stroke, kekuatan otot, *bridging exercise*, stroke non hemoragik, kelemahan otot