

**PENERAPAN *RANGE OF MOTION* PASIF PADA PASIEN POST ORIF
FRAKTUR EKSTREMITAS BAWAH DENGAN GANGGUAN
MOBILITAS FISIK DI RSUD PANEMBAHAN
SENOPATI BANTUL**

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ABSTRAK

Latar Belakang: Fraktur ekstremitas bawah dapat menyebabkan gangguan mobilitas fisik akibat nyeri, imobilisasi, dan penurunan fungsi otot serta sendi pasca tindakan *Open Reduction Internal Fixation* (ORIF). Kondisi ini berisiko menimbulkan kekakuan sendi dan atrofi otot sehingga diperlukan intervensi keperawatan berupa latihan *Range of Motion* (ROM) pasif.

Tujuan: Mengetahui penerapan *Range of Motion* (ROM) pasif dalam meningkatkan mobilitas fisik pada pasien post ORIF fraktur ekstremitas bawah di RSUD Panembahan Senopati Bantul.

Metode: Penelitian menggunakan metode deskriptif dengan pendekatan studi kasus pada dua pasien post ORIF fraktur ekstremitas bawah dengan gangguan mobilitas fisik. Latihan ROM pasif dilakukan selama 3 hari, satu kali sehari selama 15–20 menit. Evaluasi dilakukan melalui pengkajian kekuatan otot dan rentang gerak sendi.

Hasil: Setelah dilakukan ROM pasif, kedua pasien mengalami peningkatan mobilitas fisik yang ditandai dengan meningkatnya kekuatan otot, rentang gerak sendi, serta berkurangnya nyeri dan kekakuan saat bergerak.

Kesimpulan: Penerapan ROM pasif efektif dalam meningkatkan mobilitas fisik pada pasien post ORIF fraktur ekstremitas bawah serta membantu mencegah komplikasi akibat imobilisasi.

Kata Kunci: Fraktur ekstremitas bawah, gangguan mobilitas fisik, ORIF, ROM pasif.

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**APPLICATION OF PASSIVE RANGE OF MOTION IN POST ORIF
LOWER EXTREMITY FRACTURE PATIENTS WITH PHYSICAL
MOBILITY IMPAIRMENTS AT PANEMBAHAN SENOPATI
BANTUL REGIONAL HOSPITAL**

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ABSTRACT

Background: Lower extremity fractures may cause impaired physical mobility due to pain, immobilization, and decreased muscle and joint function following Open Reduction Internal Fixation (ORIF). This condition may lead to joint stiffness and muscle atrophy, therefore passive Range of Motion (ROM) exercises are needed as a nursing intervention.

Objective: To determine the application of passive Range of Motion (ROM) exercises in improving physical mobility among post-ORIF lower extremity fracture patients at Panembahan Senopati Bantul Regional Hospital.

Methods: This study used a descriptive method with a case study approach involving two post-ORIF lower extremity fracture patients with impaired physical mobility. Passive ROM exercises were performed once daily for 15–20 minutes over 3 consecutive days. Evaluation was conducted through assessments of muscle strength and joint range of motion.

Results: After the implementation of passive ROM exercises, both patients showed improved physical mobility, indicated by increased muscle strength, enhanced joint range of motion, and reduced pain and stiffness during movement.

Conclusion: Passive ROM exercises are effective in improving physical mobility in post-ORIF lower extremity fracture patients and may help prevent complications caused by immobilization.

Keywords: Lower extremity fracture, impaired physical mobility, ORIF, passive ROM.

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