

*IMPLEMENTATION OF EARLY MOBILIZATION IN POST OP ORIF FEMUR
FRACTURE PATIENTS TO IMPROVE PHYSICAL MOBILITY AT RSUD
PANEMBAHAN SENOPATI BANTUL*

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ABSTRACT

Background: Femur fractures are among the most common lower extremity fractures and can cause impaired physical mobility in patients following ORIF (Open Reduction Internal Fixation) surgery. Impaired physical mobility that is not properly managed may lead to complications such as joint stiffness, muscle atrophy, prolonged pain, and delayed recovery. One of the nursing interventions that can help improve patients' physical mobility is early mobilization.

Objective: To describe changes in physical mobility in two post operative ORIF femur fracture patients after receiving early mobilization intervention at RSUD Panembahan Senopati Bantul.

Methods: This study employed a descriptive case study design involving two post-operative femur fracture patients with impaired physical mobility following ORIF surgery. Data were collected through interviews, observations, physical examinations, and nursing documentation. The intervention consisted of gradual early mobilization over three days, including extremity movement exercises, position changes, and sitting exercises based on the patients' tolerance.

Results: The implementation of early mobilization demonstrated an improvement in physical mobility, as evidenced by increased muscle strength, enhanced range of motion of the extremities, reduced movement limitations, and decreased pain during movement. In addition, patients showed a gradual increase in independence when performing simple daily activities.

Conclusion: Early mobilization in post-operative ORIF femoral fracture patients was associated with improved physical mobility. Therefore, early mobilization can be considered a nursing intervention that supports functional recovery and helps minimize complications related to prolonged immobility.

Keywords: early mobilization, ORIF, femur fracture, physical mobility

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PENERAPAN MOBILISASI DINI PADA PASIEN *POST OP* ORIF
FRAKTUR *FEMUR* UNTUK MENINGKATKAN MOBILITAS
FISIK DI RSUD PANEMBAHAN SENOPATI BANTUL

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ABSTRAK

Latar Belakang: Fraktur femur merupakan salah satu kasus fraktur ekstremitas bawah yang paling sering terjadi dan dapat menyebabkan gangguan mobilitas fisik pada pasien *post* operasi ORIF (*Open Reduction Internal Fixation*). Gangguan mobilitas fisik yang tidak ditangani dengan baik dapat menimbulkan komplikasi seperti kekakuan sendi, atrofi otot, nyeri berkepanjangan, hingga memperlambat proses pemulihan pasien. Salah satu intervensi keperawatan yang dapat dilakukan untuk meningkatkan mobilitas fisik pasien adalah mobilisasi dini.

Tujuan: Mendeskripsikan perubahan mobilitas fisik pada dua pasien *post* operasi ORIF fraktur *femur* setelah diberikan intervensi mobilisasi dini di RSUD Panembahan Senopati Bantul.

Metode: Penelitian ini menggunakan desain studi kasus deskriptif dengan dua subjek pasien *post* operasi ORIF fraktur *femur* yang mengalami gangguan mobilitas fisik. Pengumpulan data dilakukan melalui wawancara, observasi, pemeriksaan fisik, dan dokumentasi keperawatan. Intervensi yang diberikan berupa mobilisasi dini secara bertahap selama tiga hari meliputi latihan gerak ekstremitas, perubahan posisi, latihan duduk sesuai toleransi pasien.

Hasil: Penerapan mobilisasi dini menunjukkan peningkatan mobilitas fisik, ditandai meningkatnya kekuatan otot, bertambahnya rentang gerak ekstremitas, penurunan keterbatasan gerak, serta berkurangnya keluhan nyeri saat bergerak. Pasien juga tampak lebih mandiri dalam melakukan aktivitas sederhana secara bertahap.

Kesimpulan: Penerapan mobilisasi dini pada pasien *post* operasi ORIF fraktur *femur* meningkatkan kemampuan mobilitas fisik. Mobilisasi dini dapat dipertimbangkan sebagai intervensi keperawatan dalam mendukung proses pemulihan dan mengurangi risiko komplikasi akibat imobilisasi.

Kata Kunci: mobilisasi dini, ORIF, fraktur *femur*, mobilitas fisik

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