

ABSTRAK

UNIVERSITAS MUHAMMADIYAH JEMBER
PROGRAM STUDI DIII KEPERAWATAN
FAKULTAS ILMU KESEHATAN

Karya Tulis Ilmiah
Angelina Tisha Putri Permadi

Implementasi Terapi Inovasi *Mirror* Untuk Meningkatkan Mobilitas Fisik Pada Ny.F Dengan Riwayat CVA Infark di Desa Karangbayat Kabupaten Jember

XVI + 90 hal + 5 tabel + 2 gambar + 10 lampiran

Abstrak

Latar Belakang: Proses Penuaan pada lansia menyebabkan penurunan fungsi sistem saraf dan muskuloskeletal, yang berdampak pada mobilitas fisik lansia. Lansia dengan riwayat CVA infark sering mengalami kelemahan ekstremitas yang mengganggu aktivitas sehari-hari. Terapi cermin, melalui umpan balik visual, dapat merangsang aktivitas motorik otak dan mendukung rehabilitasi. Penelitian ini bertujuan mengevaluasi efektivitas terapi cermin dalam meningkatkan mobilitas fisik pada lansia pasca CVA infark. **Metode:** Penelitian ini merupakan studi kasus deskriptif pada Ny. F usia 62 tahun dengan kelemahan ekstremitas kanan post CVA infark. Intervensi terapi cermin dilakukan selama tujuh hari berturut-turut, 5-7 menit setiap sesi. Evaluasi kekuatan otot menggunakan *Manual Muscle Testing* (MMT), serta observasi kemampuan fungsional. **Hasil:** Setelah tujuh hari terapi cermin, terjadi peningkatan kekuatan otot berdasarkan *MMT* ditunjukkan dengan peningkatan kekuatan otot: Ekstremitas kanan atas dari 3 ke 4, ekstremitas kanan bawah dari 2 ke 3, sementara ekstremitas kiri tetap stabil di skor 5. Pasien mulai mampu melakukan latihan berjalan dengan alat bantu. Hasil ini menunjukkan bahwa terapi cermin memberikan efek positif terhadap pemulihan motorik dan mobilitas fisik pada lansia post CVA Infark. **Kesimpulan:** Terapi cermin dapat digunakan sebagai alternatif non-farmakologis yang efektif dalam meningkatkan kekuatan otot dan mobilitas fisik pada lansia dengan riwayat CVA infark, terutama pada tahap rehabilitasi awal.

Kata Kunci: Terapi Cermin, Mobilitas Fisik, *Manual Muscle Testing*, Lansia, CVA Infark

ABSTRACT

MUHAMMADIYAH UNIVERSITY OF JEMBER
VOCATION NURSING PROGRAMME
FACULTY OF HEALTH SCIENCES

Scientific Paper
Angelina Tisha Putri Permadi

Implementation of Mirror Innovation Therapy to Improve Physical Mobility in
Mrs. F with a History of CVA Infarction in Karangbayat Village, Jember Regency

XVI + 90 pages + 5 tables + 2 figures + 10 attachmen

Abstract

Background: The aging process in the elderly causes a decline in the function of the nervous and musculoskeletal systems, which has an impact on the physical mobility of the elderly. Elderly with a history of CVA infarction often experience weakness of the extremities that interfere with daily activities. Mirror therapy, through visual feedback, can stimulate brain motor activity and support rehabilitation. This study aims to evaluate the effectiveness of mirror therapy in improving physical mobility in the elderly after CVA infarction. **Methods:** This study is a descriptive case study of Mrs. F, 62 years old with right extremity weakness after CVA infarction. Mirror therapy intervention was carried out for seven consecutive days, 5-7 minutes every sessions. Evaluation of muscle strength using Manual Muscle Testing (MMT), as well as observation of functional abilities. **Results:** After seven days of mirror therapy, there was an increase in muscle strength based on MMT indicated by an increase in muscle strength: Right upper extremity from 3 to 4, right lower extremity from 2 to 3, while the left extremity remained stable at a score of 5. The patient began to be able to do walking exercises with assistive devices. These results indicate that mirror therapy has a positive effect on motor recovery and physical mobility in elderly post CVA Infarction. **Conclusion:** Mirror therapy can be used as an effective non-pharmacological alternative in improving muscle strength and physical mobility in elderly with a history of CVA infarction, especially in the early rehabilitation stage.

Keywords: Mirror Therapy, Physical Mobility, Manual Muscle Testing, Elderly, CVA Infarction