

ABSTRAK

UNIVERSITAS MUHAMMADIYAH JEMBER
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Implementasi Genggam Bola Karet Bergerigi Untuk Meningkatkan Kekuatan Otot Pada Pasien *Stroke Non Hemoragik* Di Rumah Sakit Umum Kaliwates Jember

1 halaman abstrak + 87 halaman + 12 tabel + 17 lampiran

Abstrak

Latar Belakang: *Stroke non-hemoragik* merupakan gangguan neurologis akibat aliran darah ke otak terhambat yang dapat menyebabkan kelemahan otot dan gangguan mobilitas fisik. Penurunan kekuatan otot pada pasien stroke dapat menghambat aktivitas sehari-hari sehingga diperlukan intervensi rehabilitatif yang sederhana dan efektif, salah satunya terapi genggam bola karet bergerigi. **Tujuan:** Mendeskripsikan implementasi terapi genggam bola karet bergerigi dalam meningkatkan kekuatan otot pada pasien *stroke non hemoragik* di Rumah Sakit Umum Kaliwates Jember. **Metode:** Penelitian ini menggunakan desain studi kasus pada satu pasien *stroke non hemoragik* dengan gangguan mobilitas fisik. Implementasi dilakukan selama tiga hari berturut-turut dengan frekuensi tiga kali sehari dan durasi 10 menit setiap sesi. Pengukuran kekuatan otot menggunakan *Manual Muscle Testing* (MMT) dan rentang gerak menggunakan goniometri. **Hasil:** Sebelum intervensi, kekuatan otot pasien berada pada rentang 3 dari 5 klasifikasi kekuatan otot dan rentang gerak sebesar 40°. Setelah dilakukan implementasi terapi genggam bola karet bergerigi selama tiga hari berturut-turut, terjadi peningkatan kekuatan otot menjadi rentang 5 dari 5 klasifikasi kekuatan otot, serta peningkatan rentang gerak menjadi 53°. **Kesimpulan:** Implementasi genggam bola karet bergerigi dapat dilakukan pada pasien *stroke non hemoragik* untuk meningkatkan kekuatan otot dan rentang gerak pasien.

Kata kunci: Genggam bola karet bergerigi, kekuatan otot, rentang gerak, *Range Of Motion* (ROM), *stroke non-hemoragik*

ABSTRACT

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Scientific Paper

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Implementation of Serrated Rubber Ball Grasping Therapy to Improve Muscle Strength in Non-Hemorrhagic Stroke Patients at Kaliwates General Hospital Jember

1 abstract page + 87 pages + 12 tables + 17 appendices

Abstract

Background: Non-hemorrhagic stroke is a neurological disorder caused by impaired blood flow to the brain, which can result in muscle weakness and impaired physical mobility. Decreased muscle strength in stroke patients can hinder daily activities; therefore, a simple and effective rehabilitative intervention is needed, one of which is serrated rubber ball grasping therapy. **Objective:** To describe the implementation of serrated rubber ball grasping therapy in improving muscle strength in non-hemorrhagic stroke patients at Kaliwates General Hospital Jember. **Methods:** This study used a case study design involving one non-hemorrhagic stroke patient with impaired physical mobility. The intervention was carried out for three consecutive days with a frequency of three times a day and a duration of 10 minutes for each session. Muscle strength was measured using Manual Muscle Testing (MMT), and range of motion was measured using a goniometer. **Results:** Before the intervention, the patient's muscle strength was at a score of 3 out of 5 on the muscle strength classification scale, and the range of motion was 40°. After the implementation of serrated rubber ball grasping therapy for three consecutive days, muscle strength increased to a score of 5 out of 5 on the muscle strength classification scale, and the range of motion increased to 53°. **Conclusion:** The implementation of serrated rubber ball grasping therapy can be applied to non-hemorrhagic stroke patients to improve muscle strength and range of motion.

Keywords: Serrated rubber ball grasping therapy, muscle strength, range of motion, non-hemorrhagic stroke