

ABSTRAK

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Implementasi Latihan Range Of Motion Rentang Gerak Pasif Pada Pasien Stroke Hemoragik di Paviliun Teratai RSUD dr. H Koesnadi Bondowoso
XVII + 60 hal + 7 tabel + 5 gambar + 6 lampiran

Abstrak

Pendahuluan: Stroke hemoragik akibat pecahnya pembuluh darah otak menjadi salah satu penyebab utama kematian dan kecacatan fungsional. Komplikasi neurologis yang paling sering muncul adalah hemiparesis yang menyebabkan penurunan kekuatan otot dan keterbatasan Rentang Gerak. Salah satu intervensi mandiri keperawatan yang fundamental untuk mempertahankan fleksibilitas sendi adalah latihan Rentang Gerak pasif. Penelitian ini bertujuan untuk mendeskripsikan dan mengevaluasi hasil implementasi latihan Rentang Gerak pasif terhadap peningkatan rentang gerak ekstremitas pada tiga klien stroke hemoragik yang mengalami gangguan mobilitas fisik di Paviliun Teratai RSUD dr. H. Koesnadi Bondowoso. **Metode:** Desain penelitian ini menggunakan Studi Kasus Deskriptif terhadap tiga klien yakni Ny. M, Ny. Y dan Tn. M dengan diagnosis medis stroke hemoragik. Intervensi yang diberikan berupa latihan Rentang Gerak pasif dilakukan selama 3 hari dengan frekuensi 2 kali sehari (pagi dan sore) selama masing-masing 10 menit. Instrumen pengumpulan data meliputi lembar pengkajian, lembar observasi kekuatan otot dan SOP latihan Rentang Gerak pasif. **Hasil:** Setelah dilakukan intervensi selama 3 hari, ketiga klien menunjukkan perkembangan mobilitas fungsional. Kekakuan sendi dan tahanan ekstremitas mengalami penurunan sedangkan rentang gerak meningkat serta terjadi penurunan kekakuan sendi dan peningkatan toleransi gerakan perifer secara bertahap. **Kesimpulan:** Implementasi latihan Rentang Gerak pasif yang terstruktur dan konsisten dapat meningkatkan rentang gerak ekstremitas, menurunkan kekakuan sendi, serta membantu pemulihan fungsi motorik secara bertahap pada pasien stroke hemoragik.

Kata Kunci: Gangguan Mobilitas Fisik, Hemiparesis, Rentang Gerak Pasif, Stroke Hemoragik

ABSTRACT

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Implementation of Passive Range Of Motion (ROM) Exercise on Hemorrhagic Stroke Patients in Teratai Pavilion of dr. H Koesnadi Bondowoso Regional Hospital
XII + 60 pages + 7 tables + 5 figure + 6 appendices

Abstract

Introduction: Hemorrhagic stroke, caused by the rupture of cerebral blood vessels, has become one of the leading causes of death and functional disability. The most frequent neurological complication is hemiparesis, which led to a decrease in muscle strength and limitation of Range of Motion (ROM). One of the fundamental independent nursing interventions to maintain joint flexibility was passive ROM exercise. This study aimed to describe and evaluate the results of passive ROM exercise implementation on increasing extremity range of motion in hemorrhagic stroke patients who experienced impaired physical mobility in Teratai Pavilion of dr. H. Koesnadi Bondowoso Regional Hospital. **Methods:** This study used a Descriptive Case Study design involving three patients, namely Mrs. M, Mrs. Y, and Mr. M, with a medical diagnosis of hemorrhagic stroke. The intervention provided was passive ROM exercise, which was conducted for 3 days with a frequency of twice a day (morning and evening) for 10 minutes each session. Data collection instruments included assessment sheets, muscle strength observation sheets, and the standard operating procedure (SOP) for passive ROM exercise. **Results:** After 3 days of intervention, all three patients showed positive development in functional mobility. Joint stiffness and extremity resistance decreased, while the range of motion (ROM) increased and reduced joint rigidity and improved peripheral movement tolerance. **Conclusion:** The structured and consistent implementation of passive ROM exercise was proven to be effective in increasing extremity range of motion, reducing joint stiffness, and assisting gradual motor function recovery in hemorrhagic stroke patients.

Keywords: Impaired Physical Mobility, Hemiparesis, Passive ROM, Hemorrhagic Stroke