

ABSTRACT

THE EFFECT OF KNEE STRETCHING ON INTENSITY JOINT PAIN IN OSTEOARTHRITIS PATIENTS AT THE ORTHOPEDIC POLYCLINIC BANGIL HOSPITAL PASURUAN DISTRICT

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Knee joint pain was discomfort even if not treated can develop into osteoarthritis. Osteoarthritis is characterized by damage to the cartilage accompanied inflammation, swelling, stiffness, and difficult moved. This study aims to analyze the effect of knee stretching on intensity of joint pain in osteoarthritis patients at the orthopedic polyclini of Bangil Hospital Pasuruan District. The study used a pre-experimental with one group pre-post test design. The sample consisted of 30 respondents selected used a purposive sampling technique. The research instrument used was the Numerical Rating Scale (NRS) for observations. The result of this study were used Wilcoxon Signed Ranks Test. Which yielded a Z value of -5.204 and a p-value of 0.000 ($\alpha < 0.05$). This indicated a significant difference between the pain levels before and after knee stretching. This research results showed that mean pre-test scale was 6.17, while mean post-test was 3.47, and with a difference of 2.7. Knee stretching can helped reduce pain. After performed knee stretching, blood flow can carried more nutrients to knee joint tissue. Smooth blod flow helped transport metabolic products away from the knee area, reducing swelling and tension. Muscle tension around the knee joint also contributes to pain so stretching helped relax muscles. Relaxed muscles decrease the pressure on knee joint. Additionally, knee stretching improves the flexibility of muscles and ligaments a good range of motion the join can maintained joint function and reduce tension.

Keywords : Knee Stretching, Knee Joint Pain, Osteoarthritis

ABSTRAK

PENGARUH *KNEE STRETCHING* TERHADAP INTENSITAS NYERI SENDI LUTUT PADA PASIEN *OSTEOARTHRITIS* DI POLI ORTOPEDI RSUD BANGIL KABUPATEN PASURUAN

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Nyeri sendi lutut adanya rasa tidak nyaman apabila tidak diatasi maka dapat berkembang menjadi *osteoarthritis*. *Osteoarthritis* ditandai dengan kerusakan tulang rawan disertai peradangan, pembengkakan, kekauan, dan kesulitan bergerak. Penelitian ini bertujuan menganalisis pengaruh *knee stretching* terhadap intensitas nyeri sendi lutut pada pasien *osteoarthritis* di poli ortopedi RSUD Bangil Kabupaten Pasuruan. Desain penelitian menggunakan *pre-experimental* dengan *one group pre-post test design*. Sampel sebanyak 30 responden dengan teknik *purposive sampling*. Instrumen penelitian menggunakan observasi *Numerical Rating Scale* (NRS). Uji analisis statistik menggunakan uji *Wilcoxon Signed Ranks Test* memiliki nilai Z sebesar -5.204 dan *p value* sebesar 0.000 $\alpha < 0.05$ artinya ada perbedaan antara sebelum dan sesudah dilakukan *knee stretching*. Hasil penelitian didapatkan rerata skala nyeri *pre test* yaitu 6.17 dan rerata *post test* adalah 3.47 dengan selisih 2.7. Pemberian *knee stretching* dapat membantu mengurangi nyeri. Setelah dilakukan *knee stretching* aliran darah dapat membawa lebih banyak nutrisi ke jaringan sendi lutut. Aliran darah lancar membantu mengangkut produk metabolik dari area lutut yang mengurangi pembengkakan dan ketegangan. Ketegangan otot di sekitar sendi lutut juga menyebabkan nyeri sehingga peregangan membantu merelaksasikan otot. Otot yang rileks akan mengurangi tekanan pada sendi lutut. selain itu *knee stretching* meningkatkan fleksibilitas otot dan ligamen. Rentang gerak sendi yang baik dapat mempertahankan fungsi sendi dan mengurangi ketegangan.

Kata Kunci : *Knee Stretching*, Nyeri Sendi Lutut, *Osteoarthritis*