

Korelasi antara pola jalan dengan pemulihan motorik pada penderita pasca Stroke = Correlation between gait pattern with motor recovery for Stroke patients

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Abstrak

TUJUAN: Tujuan penelitian ini adalah mengetahui korelasi antara pola jalan dengan pemulihan motorik berdasarkan stadium Brunnstrom pada penderita pasca stroke

METODE: Subjek penelitian adalah penderita stroke fase subakut dan fase kronis (onset > 2 minggu) yang non hemiparesis, hemiparesis kanan dan hemiparesis kiri. Dilakukan pemeriksaan fisik dan penilaian pemulihan motorik berdasarkan stadium Brunnstrom. Diberikan penjelasan mengenai prosedur pelaksanaan penelitian. Subjek berjalan pada lintasan sepanjang 10 meter sehingga didapatkan kecepatan berjalannya. Selanjutnya subjek berjalan pada alat gait analyser selama 2 menit, dengan memasukkan kecepatan tiap subjek di alat gait analyser. Didapatkan nilai step length sisi sehat, step length sisi sakit, stride length dan cadence tiap-tiap subjek.

HASIL: Terdapat 30 subjek dalam penelitian ini. Rerata nilai step length sisi sehat 29,69 + 12,65 cm, step length sisi sakit 32,36 + 10,75 cm, stride length 61,85 + 16,89 cm, cadence 71 + 21,66 langkah/menit.

Frekuensi subjek dengan pemulihan motorik Brunnstrom 2 terdapat 2 orang (6,7%), Brunnstrom 3 terdapat 6 orang (20%), Brunnstrom 4 terdapat 5 orang (16,7%) pada Brunnstrom 5 terdapat 8 orang (26,7%) dan Brunnstrom 6 terdapat 9 orang (30%).

SIMPULAN: Terdapat korelasi lemah sampai sedang antara step length sisi sehat, step length sisi sakit, stride length, cadence dengan pemulihan motorik berdasarkan stadium Brunnstrom.

OBJECTIVE: The purpose of this research is to find out correlation between gait pattern with motor recovery based on Brunnstrom stages for stroke patient.

METHODS: The subject of these research are stroke patient in subacute and chronic phase (onset > 2 weeks) non hemiparetic, right and left hemiparetic. Physical examination and scoring motor recovery based on Brunnstrom stage. The patient were given the explanation of the procedure for the research. The subject walks on 10 metres track to get walking speed. Next, subject walks on the gait analyzer for 2 minutes, with walking speed installed to gait analyzer. The outcome measurements consist of step length on unaffected and affected side, stride length and cadence for every subjects.

RESULTS: There are 30 subject in this research. Average step length score on unaffected 29,69 + 12,65 cm, step length on affected side 32,36 + 10,75 cm, stride length 61,85 + 16,89 cm, cadence 71 + 21,66 step/minutes. Frequent subject with motor recovery Brunnstrom 2 are 2 subjects (6,7%), Brunnstrom 3 are 6 subjects (20%), Brunnstrom 4 are 5 subjects (16,7%), Brunnstrom 5 are 8 subject (26,7%) and Brunnstrom 6 are 9 subject (30%).

CONCLUSIONS: There is a mild until moderate correlation between step length on unaffected and affected, stride length, cadence and motor recovery based on Brunnstrom stages.