

# Latihan rentang pergerakan sendi dan modified constraint induced movement therapy sebagai intervensi keperawatan keluarga dengan masalah hambatan mobilitas fisik = Range of motion exercise and modified constraint induced movement therapy as nursing interventions in family with impaired physical mobility

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## Abstrak

Permasalahan individu dengan stroke di wilayah perkotaan adalah kurangnya pencegahan tersier seperti rehabilitasi stroke. Perawatan rehabilitasi stroke dapat mencegah komplikasi dan memaksimalkan fungsi tubuh. Terapi latihan dan aktivitas direkomendasikan sebagai perawatan rehabilitasi stroke. Penelitian ini bertujuan untuk mengetahui keefektifan latihan rentang pergerakan sendi RPS dan modified constraint induced movement therapy MCIMT dalam meningkatkan kekuatan otot pada individu dengan stroke. Pendekatan melalui asuhan keperawatan keluarga dilakukan pada individu dengan stroke di komunitas. Hasil intervensi menunjukkan klien mengalami peningkatan kekuatan otot satu poin pada ekstremitas yang mengalami kelemahan dan mencapai tekanan darah yang stabil yaitu <hr />The problem of people with stroke in urban areas is lack of tertiary prevention such as stroke rehabilitation. Stroke rehabilitation treatment can prevent complications and maximize body function. Exercise and activity therapy is recommended as stroke rehabilitation treatment in patients with motor disorder. This study aimed to determine the effectiveness of range of motion exercise ROM and modified constraint induced movement therapy MCIMT to improve muscle strength in people with stroke. Family care nursing approaches are performed on adults with stroke in community. The results indicated clients have increase in muscle strength of one point on the weakened extremity and reached a stable blood pressure of