

# Efektivitas pre ambulasi dan latihan Range of Motion (ROM) terhadap peningkatan luas gerak sendi pasien pasca bedah fraktur ekstremitas bawah di RSUD wilayah provinsi Gorontalo = The Effectiveness of pre ambulation and Range of Motion exercises to increase joint range of motion postsurgical patients in the lower extremity fractures in Gorontalo province regional hospital

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## Abstrak

Penelitian ini bertujuan mengetahui efektivitas pre ambulasi dan latihan ROM terhadap peningkatan luas gerak sendi pasca bedah fraktur ekstremitas bawah. Desainnya adalah quasi eksperimen dengan pretest-posttest with control terhadap 15 responden kelompok intervensi dan 15 kelompok kontrol. Kelompok intervensi diberikan pre ambulasi dan latihan ROM selama 5 hari, 3 kali sehari, selama 15 menit, sedangkan kelompok kontrol diberikan latihan ROM, menggunakan goniometer sebelum dan setelah intervensi. Hasil penelitian menunjukkan tidak ada perbedaan bermakna peningkatan luas gerak sendi antara kedua kelompok, dimana pangkal paha  $p= 0.092$ , lutut  $p= 0.001$ , dan kaki  $p= 0.495$ . Latihan ini menjadi standar prosedur pasien pasca bedah fraktur ekstremitas bawah.

.....This study aims to know the effectiveness of pre ambulation and ROM exercises to increase joint range of motion post-surgical in fractures of the lower limb. The design was quasi experimental pretest-post test with control of the 15 respondents intervention group and 15 the control group. The intervention group received pre ambulation and ROM exercises for 5 days, three times a day, 15 minutes. The control group was given ROM training course, with a goniometry before and after the intervention. The results shows no significant difference obtained average - the average increase joint range of motion between two groups in which to groin  $p= 0.092$ , knee  $p= 0.001$ , and feet  $p= 0.495$ . This exercises may be standard procedure in patients with postoperative lower extremity fractures.