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Pengelolaan Gangguan Mobilitas Fisik Dengan *Foot Massage* Dan *Range Of Motion* Pada Stroke Non Hemoragik di RSUD Pandan Arang Boyoali

xii + 68 halaman + 2 bagan + 2 tabel+ 13 lampiran

ABSTRAK

Stroke non hemoragik merupakan penyebab utama kecacatan jangka panjang yang sering kali menimbulkan gangguan mobilitas fisik. Keterbatasan gerak ini berisiko menyebabkan komplikasi seperti luka tekan dan ketergantungan aktivitas harian. Penatalaksanaan keperawatan melalui terapi non-farmakologis seperti *foot massage* dan *latihan range of motion* (ROM) berpotensi meningkatkan fungsi motorik pasien. Penelitian ini menggunakan metode deskriptif dengan pendekatan asuhan keperawatan terhadap satu pasien stroke non hemoragik di RSUD Pandan Arang Boyolali. Intervensi dilakukan selama tiga hari menggunakan teknik *foot massage* dan ROM pada ekstremitas. Hasil pengkajian menunjukkan pasien mengalami hemiparesis sisi kanan dengan kekuatan otot 1. Setelah dilakukan intervensi selama 3 hari, terjadi peningkatan kekuatan otot menjadi 2 dan peningkatan fleksibilitas sendi. Pasien menunjukkan respons positif terhadap terapi, termasuk kenyamanan dan peningkatan partisipasi dalam latihan. Pemberian edukasi kepada pasien dan keluarga tentang efektivitas rom dan *foot massage* untuk mempercepat rehabilitasi penting diajarkan pada pasien dan keluarga. Intervensi ini disarankan menjadi bagian rutin dalam perawatan pasien stroke non hemoragik.

Kata kunci: stroke non hemoragik, gangguan mobilitas fisik, *range of motion*, *foot massage*.

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*Management of Physical Mobility Impairment Through Foot Massage and Range Of Motion in Non Hemorrhagic Stroke at RSUD Pandan Arang Boyoali
xii + 68 pages + 2 diagrams + 2 tables+ 14 appendices*

ABSTRACT

Non-hemorrhagic stroke is a leading cause of long-term disability and often results in physical mobility impairment. This limitation in movement increases the risk of complications such as pressure ulcers and dependency in daily activities. Nursing management through non-pharmacological therapies such as foot massage and range of motion (ROM) exercises has the potential to improve motor function in patients. This study used a descriptive method with a nursing care approach for a single patient with non-hemorrhagic stroke at RSUD Pandan Arang Boyolali. The intervention was carried out over three days using foot massage and ROM techniques on the extremities. Assessment results showed the patient experienced right-side hemiparesis with a muscle strength level of 1. After three days of intervention, there was an improvement in muscle strength to level 2 and increased joint flexibility. The patient showed a positive response to the therapy, including comfort and increased participation in exercises. Providing education to the patient and family regarding the effectiveness of ROM and foot massage in accelerating rehabilitation is crucial. These interventions are recommended to be a routine part of care for non-hemorrhagic stroke patients.

Keywords: *non-hemorrhagic stroke, physical mobility impairment, range of motion, foot massage.*