

## INTISARI

**Latar Belakang :** Meningkatnya angka kejadian fraktur radius distal pada lansia merupakan masalah kesehatan yang dapat mempengaruhi kualitas hidup akibat nyeri atau kecacatan yang ditimbulkan dan meningkatkan pengeluaran biaya kesehatan di seluruh dunia. Salah satu komplikasi dari fraktur colles adalah kekakuan sendi yang menyebabkan berkurangnya kemampuan untuk menggerakkan pergelangan tangan setelah tindakan immobilisasi dihentikan.

**Metode :** Penelitian ini merupakan penelitian analitik non eksperimental dengan rancangan *cross sectional* yang menggunakan responden sebanyak 13 orang yang menjalani fisioterapi di RS PKU Muhammadiyah Gamping dan telah memenuhi kriteria inklusi dan eksklusi periode Maret-Oktober 2018. Responden mengisi kuesioner S-IPAQ (*Short-International Physical Activity Questionnaire*) dan PRWE (*Patient Rated Wrist Evaluation*) untuk menilai tingkat aktivitas fisik dan derajat kekakuan sendi.

**Hasil :** Didapatkan rata-rata responden berusia 63 tahun, dengan tingkat aktivitas fisik sedang dan derajat kekakuan sendi berat

**Kesimpulan :** Tidak terdapat hubungan bermakna antara usia dengan derajat kekakuan sendi ( $p = 0,334$ ) dan antara aktivitas fisik dengan derajat kekakuan sendi ( $p = 0,551$ ). Namun terdapat hubungan bermakna antara lama fisioterapi dengan derajat kekakuan sendi ( $p = 0,005$ ). Hasil penelitian ini dianalisis menggunakan software SPSS version 15 dan diuji menggunakan *Spearman Correlation*.

**Kata Kunci :** *Fraktur Colles, Aktivitas Fisik, Kekakuan Sendi*

## ABSTRACT

**Background** : The increasing incidence of fracture of the distal radius in the elderly is a health problem that can affect the quality of life due to pain or disability caused and increase health expenditure throughout the world. One of the complications of colles fracture is joint stiffness which causes a reduced ability to move the wrist after the immobilization action is stopped.

**Methods** : This study is a non-experimental analytical study with a cross sectional design that uses 13 respondents who underwent physiotherapy at PKU Muhammadiyah Gamping Hospital and have met the inclusion and exclusion criteria for the period March-October 2018. Respondents filled out the S-IPAQ questionnaire (Short-International Physical Activity Questionnaire) and PRWE (Patient Rated Wrist Evaluation) to assess the level of physical activity and the degree of joint stiffness.

**Results** : On average respondents were 63 years old, with moderate levels of physical activity and severe levels of joint stiffness

**Conclusions** : There was no significant relationship between age with joint stiffness ( $p = 0.334$ ) and between physical activity and the degree of joint stiffness ( $p = 0.551$ ). However, there was a significant relationship between the duration of physiotherapy and the degree of joint stiffness ( $p = 0.005$ ). The results of this study were analyzed using SPSS version 15 software and tested using Spearman Correlation.

**Keywords:** *Colles fracture, physical activity, joint stiffnes*