**LAMPIRAN-LAMPIRAN :**

Evaluasi Nyeri

Tabel 2.6

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| No | Ket | Pre Tes | P  1 | P  2 | P  3 | P  4 | P  5 | P  6 | P  7 | P  8 | P  9 | P  10 | P  11 | P  12 | Post Tes |
| 1. | Nyeri Diam | 1 | 1 | 1 | 1 | 1 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 2. | Nyeri Gerak | 4 | 4 | 4 | 4 | 3 | 3 | 3 | 3 | 2 | 2 | 2 | 1 | 1 | 1 |
| 3. | Nyeri Tekan | 3 | 3 | 3 | 2 | 2 | 2 | 2 | 1 | 1 | 1 | 1 | 0 | 0 | 0 |

Evaluasi Nyeri

Grafik 3.1

Evaluasi ROM

Tabel 2.7

|  |  |  |
| --- | --- | --- |
| Terapi | Ankel Plantar-Dorso | |
| Aktif | Pasif |
| Pre Test | S:30-0-60 | S:35-0-65 |
| P1 | S:30-0-60 | S:35-0-65 |
| P2 | S:30-0-60 | S:35-0-65 |
| P3 | S:30-0-63 | S:35-0-68 |
| P4 | S:30-0-64 | S:35-0-69 |
| P5 | S:30-0-66 | S:35-0-70 |
| P6 | S:30-0-68 | S:35-0-71 |
| P7 | S:30-0-70 | S:35-0-72 |
| P8 | S:30-0-70 | S:35-0-72 |
| P9 | S:30-0-72 | S:35-074 |
| P10 | S:30-0-74 | S:35-0-76 |
| P11 | S:30-0-75 | S:35-0-78 |
| P12 | S:30-0-76 | S:35-0-80 |
| Post Test | S:30-0-77 | S:35-0-82 |

Grafik peningkatan ROM

Grafik 3.2

Tabel 2.8  
Evaluasi Kemampuan ADL

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Bangkit Dari Posisi Duduk | Pre Test | P1 | P2 | P3 | P4 | P5 | P6 | P7 | P8 | P9 | P  10 | P  11 | P  12 | Post Test |
| Nyeri | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 |
| Kesulitan | 2 | 2 | 2 | 2 | 2 | 2 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 |
| Ketergantungan | 2 | 2 | 2 | 2 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 |
| **Total** | 5 | 5 | 5 | 5 | 4 | 4 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |

Tabel 2.9  
Evaluasi Kemampuan ADL

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Berjalan 15 Meter | Pre Test | P1 | P2 | P3 | P4 | P5 | P6 | P7 | P8 | P9 | P  10 | P  11 | P  12 | Post Test |
| Nyeri | 3 | 3 | 3 | 3 | 2 | 2 | 2 | 2 | 1 | 1 | 1 | 1 | 1 | 1 |
| Kesulitan | 3 | 3 | 3 | 3 | 3 | 2 | 2 | 2 | 2 | 1 | 1 | 1 | 1 | 1 |
| Ketergantungan | 2 | 2 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 |
| **Total** | 8 | 8 | 7 | 7 | 7 | 5 | 5 | 5 | 4 | 3 | 3 | 3 | 3 | 3 |

Tabel 2.10  
Kemampuan Kemampuan ADL

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Naik Turun Tangga | Pre Test | P1 | P2 | P3 | P4 | P5 | P6 | P7 | P8 | P9 | P  10 | P  11 | P  12 | Post Test |
| Nyeri | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 2 | 2 | 2 | 2 | 1 | 1 | 1 |
| Kesulitan | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 2 | 2 | 2 | 2 | 2 | 2 | 2 |
| Ketergantungan | 3 | 3 | 3 | 3 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 |
| **Total** | 9 | 9 | 9 | 9 | 8 | 8 | 8 | 6 | 6 | 6 | 6 | 5 | 5 | 5 |

Grafik 3.3

Evaluasi Kemampuan ADL

Grafik 3.5  
Evaluasi Kemampuan ADL

Dari grafik diatas dapat dilihat adanya peningkatan kemampuan ADL.

Evaluasi kekuatan otot

Tabel 2.11

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| No | Ket | Pre Tes | P  1 | P  2 | P  3 | P  4 | P  5 | P  6 | P  7 | P  8 | P  9 | P  10 | P  11 | P  12 | Post Tes |
| 1. | Flexi Hip | 3+ | 3+ | 3+ | 3+ | 3+ | 4 | 4 | 4 | 4+ | 4+ | 4+ | 4+ | 4+ | 4+ |
| 2. | Ekstensi Hip | 3+ | 3+ | 3+ | 3+ | 3+ | 4 | 4 | 4 | 4 | 4+ | 4+ | 4+ | 4+ | 4+ |
| 3. | Adduksi Hip | 3 | 3 | 3 | 3 | 3+ | 3+ | 3+ | 3+ | 3+ | 4 | 4 | 4 | 4 | 4+ |
| 4. | Abduksi Hip | 3 | 3 | 3 | 3 | 3+ | 3+ | 3+ | 3+ | 4 | 4 | 4 | 4 | 4 | 4 |
| 5. | Ekso Hip | 3+ | 3+ | 3+ | 3+ | 3+ | 3+ | 4 | 4 | 4 | 4 | 4+ | 4+ | 4+ | 4+ |
| 6. | Endo Hip | 4 | 4 | 4 | 4 | 4+ | 4+ | 4+ | 4+ | 4+ | 5 | 5 | 5 | 5 | 5 |
| 7 | Flexi Knee | 3+ | 3+ | 3+ | 3+ | 3+ | 3+ | 4 | 4 | 4 | 4+ | 4+ | 4+ | 4+ | 5 |
| 8. | Ekstensi Knee | 3+ | 3+ | 3+ | 3+ | 3+ | 3+ | 4 | 4 | 4 | 4 | 4  + | 4  + | 4  + | 4  + |
| 9. | Dorso flexi | 3 | 3 | 3 | 3 | 3+ | 3+ | 3+ | 3+ | 4 | 4 | 4 | 4 | 4+ | 4+ |
| 10. | Plantar Flexi | 3+ | 3+ | 3+ | 3+ | 4 | 4 | 4 | 4 | 4+ | 4+ | 4+ | 4+ | 4+ | 5 |
| 11. | Inversi | 4 | 4 | 4 | 4 | 4+ | 4+ | 4+ | 4+ | 5 | 5 | 5 | 5 | 5 | 5 |
| 12. | Eversi | 4 | 4 | 4 | 4 | 4+ | 4+ | 4+ | 4+ | 4+ | 5 | 5 | 5 | 5 | 5 |