

ABSTRACT

Application of Range of Motion (ROM) Exercises and Isometric Exercises to Increase Physical Mobility in Patients with Close Fractures Humerus in the Flamboyan Room of RST TK. II Dr. Soepraoen Malang. Novi Noorachmanda (2024) Final Scientific Work for Nurses, Nursing Professional Education Study Program, Department of Nursing, Health Polytechnic, Malang. Supervisor Nurul Hidayah, S.Kep., Ns., M.Kep.

Physical mobility disorders are disorders that cause dependence and limited physical movement. This nursing problem often arises in patients who have fractures. Fracture patients with physical mobility problems who do not exercise will experience various complaints such as joint stiffness, circulation problems and limited mobility. Efforts that can be made to increase physical mobility in fracture patients include ROM exercises and isometric exercises. This research was conducted to obtain an overview, experience and directly analyze how to apply nursing care to patients with close humerus fractures with range of motion (ROM) interventions and isometric exercises for problems with physical mobility disorders. The research method used was descriptive qualitative in the form of a case study, with 1 respondent who was a humerus fracture patient in the Flamboyan Room RST Tk.II Dr. Soepraoen Malang, through interviews, observations and anamnesis results. The research results showed that the patient had a humerus fracture with nursing problems of impaired physical mobility so intervention was given in the form of ROM exercises and isometric exercises. From the results of the evaluation during the 4 days of treatment, it was found that the patient had increased mobility as evidenced by reduced pain, decreased joint stiffness, decreased limited movement and increased muscle strength. By carrying out a combination of ROM and isometric training interventions, it can increase muscle strength, range of motion and also reduce pain. It is hoped that this research can become a reference for carrying out appropriate interventions for patients with fractures.

Keywords: Fracture Humerus, Impaired Physical Mobility, ROM exercises, isometric exercises