

IMPLEMENTATION OF RANGE OF MOTION (FLEXION–EXTENSION) THERAPY IN CHILDREN WITH CEREBRAL PALSY AT JOMBANG REGIONAL GENERAL HOSPITAL

Fanny Braestha, Hurun Ain

Nursing Professional Education Study Program, Health Polytechnic of the Ministry of Health
Malang, Jl. Besar Ijen No. 77C, Oro-Oro Dowo, Klojen District, Malang City, East Java
65119, Indonesia

Email: fannybraestha@gmail.com

ABSTRACT

Background: Cerebral Palsy (CP) is the most common physical disability in children, with a global prevalence ranging from 1.5 to 4 cases per 1,000 live births. Its primary manifestation is impaired physical mobility resulting from non-progressive brain lesions. If not managed early, this condition may lead to permanent contractures and a decreased quality of life. Flexion–extension Range of Motion (ROM) exercises are a crucial intervention for maintaining joint flexibility; however, their implementation in regional hospitals is often suboptimal and not yet integrated with nursing theories. **Objective:** To determine the implementation of Range of Motion (flexion–extension) therapy based on Virginia Henderson's Need Theory in children with Cerebral Palsy experiencing impaired physical mobility.

Methods: This study employed a descriptive design using a case study approach involving one client. **Results:** The findings demonstrated that flexion–extension ROM therapy was effective as a nursing care intervention to meet movement and posture needs in children with Cerebral Palsy, although the recovery of physical mobility remains a long-term process. **Conclusion:** The evaluation results indicated that impaired physical mobility, activity intolerance, and developmental disorders in children with Cerebral Palsy had not been fully resolved, as these conditions require long-term rehabilitation.

Keywords: Range of Motion, Cerebral Palsy (CP), Virginia Henderson's Need Theory, Impaired Physical Mobility