APPLICATION OF RANGE OF MOTION (ROM) EXERCISE ON DECREASING MUSCLE TONE IN A GENERALIZED TETANUS PATIENT WITH IMPAIRED PHYSICAL MOBILITY IN YUDISTIRA WARD RSUD JOMBANG

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ABSTRACT

Generalized tetanus is the most severe clinical form of tetanus, characterized by widespread muscle rigidity and spasms causing impaired physical mobility. Management involves pharmacological and nonpharmacological therapies, including Range of Motion (ROM) exercises. This paper aims to analyze the application of ROM exercises in reducing muscle tone in a generalized tetanus patient with impaired physical mobility. The method used was a descriptive case study with a nursing care approach. Data collection involved interviews, observations, physical examinations, and documentation studies, with muscle tone measured using the Modified Ashworth Scale (MAS). Assessment results for Mr. S showed increased muscle tone in the neck (2), shoulders (1/1), elbows (1/1), hips (3/3), knees (4/4), ankles (2/2), and toes (1/1), establishing the diagnosis of impaired physical mobility related to neuromuscular impairment. Passive ROM exercise interventions were conducted twice daily from March 2–7, 2026, lasting approximately 15 minutes per session. Evaluation results showed a decrease in muscle tone across nearly all extremities, although the patient still reported stiffness in the neck and legs, meaning the nursing problem was partially resolved. It is concluded that consistent application of ROM exercises is effective in reducing muscle tone in generalized tetanus patients.

Keywords: generalized tetanus, impaired physical mobility, Range of Motion, muscle tone