

ABSTRACT

Application Of Spherical Grip ROM Exercises To Overcome Physical Mobility Impairment In Post-Operative Radius Ulna Fracture Patients at RSUD Ngudi Waluyo Wlingi. Navalina Nailin Mudviyanti (2025). Final Scientific Paper for Nurse Profession Program. Nursing Profession Study Program, Department of Nursing, Health Polytechnic of the Ministry of Health Malang. Main Advisor: Marsaid, S.Kep., Ns., M.Kep

Fractures around joints can limit movement due to pain, immobilization, and decreased muscle strength after surgery. Rehabilitation is needed to prevent mobility impairments, one of which is through spherical grip ROM exercises. This scientific paper aims to analyze the application of spherical grip exercises to overcome physical mobility impairment in post-operative radius-ulna fracture patients. This qualitative descriptive study used a nursing process approach with one respondent who met the inclusion criteria. The research was conducted over five days using observation, interviews, and document review. The assessment revealed pain in the left hand, limited movement, a closed fracture, and difficulty in performing daily activities. The identified nursing diagnosis was impaired physical mobility. The intervention included mobilization support through spherical grip exercises. By day five, the patient showed improved muscle strength. Squeezing a rubber ball stimulated muscle contractions, helping strengthen hand muscles. The study concludes that spherical grip ROM exercises effectively improve physical mobility in post-operative radius-ulna fracture patients. Further studies are recommended to combine this therapy with other modalities to enhance recovery and broaden therapeutic benefits.

Keywords: Radius-ulna fracture, range of motion, Exercise Therapy