

ABSTRAK

PENGARUH ROM (*RANGE OF MOTION*) AKTIF – ASISTIF *SPHERICAL GRIP* TERHADAP KEKUATAN OTOT EKSTREMITAS ATAS PADA KLIEN POST STROKE DI PUSKESMAS KALIJUDAN

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Latar Belakang: Stroke dapat menyebabkan hemiparese dan hemiplegi yang dapat mengganggu gangguan mobilitas fisik. Rehabilitas fisik dengan ROM Aktif-Asistif dapat memperbaiki hemiparese stroke. Penelitian bertujuan untuk menganalisis pengaruh ROM Aktif-Asistif *Spherical Grip* terhadap kekuatan otot ekstremitas atas pada klien post stroke di Puskesmas Kalijudan. **Metode:** Penelitian dilakukan pada 13 klien post stroke hemiparese, dengan desain *Pre-Eksperimental One-Group Pretest-Posttest Design*. Kekuatan otot diukur dengan *Handgrip Dynamometer*. Frekuensi pelaksanaan 1-3 kali sehari selama 3 hari. Analisis data menggunakan *Paired T-Test* untuk data berpasangan. **Hasil:** Kekuatan otot sebelum intervensi ($\bar{X}$ = 1,808 kg; SD = 2,42; IK 95% = 0,340-3,275 kg) dan kekuatan otot setelah intervensi ($\bar{X}$ = 4,731 kg; SD = 5,28; IK 95% = 1,536-7,925 kg). Penelitian menunjukkan peningkatan yang signifikan pada kekuatan otot ekstremitas atas setelah diberikan intervensi ROM Aktif-Asistif *Spherical Grip*. **Kesimpulan:** Penelitian ini membuktikan bahwa latihan ROM Aktif-Asistif *Spherical Grip* efektif meningkatkan kekuatan otot ekstremitas atas pada klien post stroke.

Kata kunci: Stroke, ROM Aktif-Asistif, *Spherical Grip*, Kekuatan Otot, Rehabilitasi

ABSTRACT

THE EFFECT OF ACTIVE-ASSISTED RANGE OF MOTION (ROM) SPHERICAL GRIP ON UPPER EXTREMITY MUSCLE STRENGTH IN POST-STROKE CLIENTS AT PUSKESMAS KALIJUDAN

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Background: Stroke can cause hemiparesis and hemiplegia, which may lead to impaired physical mobility. Physical rehabilitation using Active-Assisted Range of Motion (ROM) exercises can help improve hemiparesis in stroke patients. This study aims to analyze the effect of Active-Assisted ROM with Spherical Grip on upper extremity muscle strength in post-stroke clients at Kalijudan Public Health Center.

Methods: The study was conducted on 13 post-stroke hemiparetic clients using a Pre-Experimental One-Group Pretest-Posttest Design. Muscle strength was measured using a Handgrip Dynamometer. The intervention was performed 1–3 times a day for 3 days. Data were analyzed using a Paired T-Test for paired data.

Results: Muscle strength before the intervention ($\bar{X} = 1.808$ kg; $SD = 2.42$; 95% CI = 0.340–3.275 kg) and after the intervention ($\bar{X} = 4.731$ kg; $SD = 5.28$; 95% CI = 1.536–7.925 kg). The study showed a significant increase in upper extremity muscle strength after the Active-Assisted ROM with Spherical Grip intervention.

Conclusion: This study demonstrates that Active-Assisted ROM with Spherical Grip exercises are effective in increasing upper extremity muscle strength in post-stroke clients.

Keywords: Stroke, Active-Assisted ROM, Spherical Grip, Muscle Strength, Rehabilitation