

Management of Sprain Injury Massage Therapy in PhysioSET Physiotherapy Clinic in Malang

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Abstract—The aimed of this study was to determine the management of post-injury massage therapy sprain in the PhysioSET Physiotherapy Clinic. The data analysis technique used in this study is the triangulation technique. The results of the research at the PhysioSET Physiotherapy Clinic are the management of post-injury massage therapy in the PhysioSET Physiotherapy Clinic as well as the management of massage therapy in other clinics. To cure recovered and swollen patients, the PhysioSET Physiotherapy Clinic uses myofascial release techniques. PhysioSET Physiotherapy Clinic also uses handling tools for dislocated injured patients because they require tools and materials for baby oil, cupping and sticks. Management of post-injury sprained massage therapy in PhysioSET Physiotherapy Clinic is a management that truly performs massage therapy actions, on improving sprained rehabilitation given to the proximal joints that are opposed, nor at the location of the drug as it does at the wrist, thus tibialis anterior shin and calf muscle is the gastrocnemius muscle.

Keywords—event management, sports recreation

I. INTRODUCTION

Sports activities in Indonesia are continuously growing from year to year. All sports have been spread and famous to various corners of the country. Thus the attention paid by the government to supporting infrastructure facilities and the condition of athletes must increasingly improve and be parallel with the development of sports achievements, both nationally and internationally. One of the important efforts in the preparation and maintenance of physical conditions is massage. Massase is a soft tissue manipulation technique through pressure and movement. Because the shape of the structure of tissues and organs varies, memase must be adjusted to the injury suffered, such as sprain, strain or dislocation injuries. As for the management of injuries so that injuries can heal completely using the principles of CRIMES (Compression, Rest, Ice, Medicine, Elevation and Support) with the aim of stopping bleeding induced injury into muscle tissue and thereby minimizing the level of injury.

The data used in this study is descriptive data. Descriptive research is a research method that seeks to describe and interpret objects according to facts or what they are (1). Further explained in descriptive research no treatment was given or controlled. Hypothesis testing as contained in experimental research. In accordance with the objectives of this study, the approach used is a qualitative descriptive approach to the type of research using survey methods. Qualitative research methods are research methods that are based on the philosophy of postpositivism, used to examine natural conditions of objects, (as opposed to experiments) where researchers are as key instruments, sampling data sources is done purposively and snowball, a collection technique with triangulation (combined), data analysis is inductive or qualitative, and qualitative research results emphasize meaning rather than generalization (2). The subject of the study was about the management of massage therapy after sprain injury at the PhysioSET Physiotherapy Clinic.

II. METHODS

To obtain a conclusion and a description of the problem under study, then data analysis is an important step in research to test the validity of the data obtained. To test the validity of the data obtained, the data analysis technique used in this study is the triangulation technique. Triangulation technique is a data validity checking technique that utilizes something else. (3).

Triangulation techniques are used to obtain the truth of information and a complete picture of certain information, researchers can use the method of free interviews and structured interviews, or, researchers use interviews and observation or observation to check the truth. In addition, researchers can also use different informants to check the truth of the information. Through various perspectives or views, it is expected to obtain results that are close to the truth. Therefore, this stage of triangulation is carried out if the data or information obtained from the research subject or informant is doubtful.

III. RESULT

The PhysioSET Physiotherapy Clinic was established aiming to help restore the function of human motion from movement disorders or injuries. Injured patients come to the clinic to get an assessment from the physiotherapist and recorded on a medical record sheet. In the medical record sheet, patient data is recorded as well as complaints felt by the patient and the history of the injury. After getting an assessment from the physiotherapist, the patient will get treatment or action, if the patient agrees with the assessment that has been given by the physiotherapist. Actions (treatment) will be adjusted to the injury suffered by the patient. The actions (treatment) include several things, including treatment measures (curative) after the patient gets first aid, recovery (rehabilitative) to prepare the patient's condition ready to exercise again.

The process of providing massage therapy to patients with sprain injuries is carried out by the PhysioSET Physiotherapy Clinic by relieving pain after sprain injury by giving myofascial release to the supporting muscles affected by the injury, not the area of injury. In this massage therapy process, physiotherapy menggunakan alat yang bernama baby oil for reduce pain if the patient's calf muscles have leg hair sprain injury.

As for overstretched ligamentous tissue problems caused by sprain injuries, the PhysioSET Physiotherapy Clinic provides massage therapy not to the injured area in order to relax the tense muscles. Why a therapeutic action for pain relief is given along with the explanation, as follows: Massage can be defined as manipulation therapy given by pressing or holding technique on certain body parts directly (direct contact with skin). Massage will increase arterial blood supply to the tissues. This will make the metabolic system smooth and increase the production of ATP (Adenosine Triphosphate). Then the P substance that causes pain will decrease and serotonin increases (Turchaninov and Prilutsky). Effleurage is a form of massage using palms that exert gentle pressure on the surface of the body in a circular direction (4).

For tools used when massage therapy is not so much. The PhysioSET Physiotherapy Clinic uses a device called cupping that supports the administration of myofascial release, myofascial release is a passive stretching technique which means the patient does not move actively to contract the muscles to stretch the tightening or restriction. The patient's role is to sleep on the treatment table, focusing on the sensations that come from his body and his body to be treated by massage. The patient must allow his body to move without blocking movement. Because there is no muscle work of the antagonistic muscles that are opposed to the strain, activation of pain decreases. That is what makes stretching with the myofascial release method overall quite comfortable and baby oil for myofascial release if indeed there is a lot of hair on the feet so that it does not cause pain, also sticks as a supporting tool after the massage process has been carried out if the sprain injury including severe injuries so does not allow patients to walk or move as usual.

After all the tools are prepared giving massage therapy in PhysioSET Physiotherapy Clinic which is to see the grade of sprain injury experienced by the patient, when can be given massage therapy, giving therapy in PhysioSET Physiotherapy

Clinic for his own time there are 3 grades in sprain injuries namely grade 1, 2 and 3 and for the gift can be done in grades 1, 2 and 3. Why can immediately be given massage therapy right away? Because the administration of massage is done not to the injured tissue or not to the wrong ligament, but to the supporting muscles, so the administration of massage can be done at any time. After passing the above phase, the patient after the sprain injury will enter the phase of giving manipulation. In this phase the manipulation of massage therapy given by physiotherapists at PhysioSET Physiotherapy Clinic is manipulation of massage in general. In phase three trying to regain control of maximum muscle strength. Managing manipulation technique using myofascial release releases the fascia performed distally to the muscle proximal to the muscle that moves away from the heart to the heart for techniques similar to the application of massage therapy in general (5). In rehabilitation of sprain injuries, it can be given proximal to the injured joint, but not to the location of the injury. The target of recovery from the patient depends on the patient himself, if the patient has a passion for massage therapy, the healing process will be faster, and vice versa.

IV. DISCUSSION

The management of massage therapy is declared successful if the injured patient can perform flexion and extension movements without pain and stiffness and can make rotational movements at the affected location. Injury is a disorder that occurs in the body that causes pain, heat, redness, swelling and can not function well in muscles, tendons, ligaments, joints or bones due to excessive movement or accidental activities (6). The pain is also triggered by nerve endings due to the swelling that occurs at the location of the injury both rubor, tumor, heat and color will reduce the function of organs or joints at the site of injury (7). Sports injuries are all kinds of injuries that occur both during training and during matches or after sports (8). Now there is a treatment for such injuries, namely massage therapy at the PhysioSET Physiotherapy Clinic.

PhysioSET Physiotherapy Clinic is a clinic that deals with sports injuries in a more modern way. Several cities in Indonesia already have many physiotherapy clinics, as well as in Malang there are PhysioSET Physiotherapy Clinics. Physiotherapy at PhysioSET Physiotherapy Clinic in Malang City provides treatment using the foundations of medical theory, physiotherapy theory is carried out by physiotherapists and specialist doctors. States physiotherapy has the main goal of curative and rehabilitative health disorders (9). The PhysioSET Clinic carries out treatment during injuries and after injuries using massage, physical and motion therapy. Not only serving patients who come directly to the clinic, experts at the PhysioSET Physiotherapy Clinic are often also called to be physiotherapists by clubs from several sports in Malang such as soccer and futsal clubs in Malang, also trusting that the clinic can handle injuries soccer and futsal athletes in order to return to competition and practice. Physiotherapy is part of medical science in the form of nonpharmacological physical interventions with the main goals of curative and rehabilitative health disorders (10).

V. CONCLUSION

A. Conclusion

PhysioSET Physiotherapy Clinic which was established on May 16, 2016 is located in Ruko Ditas Kv. 28 Jalan M.T. Haryono No. 09 Dinoyo Subdistrict, Lowokwaru Subdistrict, Malang City was established aiming to help restore the function of human motion from movement disorders or injuries. Patients who suffered injuries come to the clinic to get assessment and treatment until recovering from the injury experienced by the patient. The management of massage therapy in the PhysioSET Physiotherapy Clinic is the same as the management of massage therapy in other clinics.

Management of post-sprain injury massage therapy in PhysioSET Physiotherapy Clinic does not use drugs in its recovery, to treat sprain injury patients who experience pain and swelling, PhysioSET Physiotherapy Clinic uses myofascial release techniques. The PhysioSET Physiotherapy Clinic also uses tools for handling patients including cupping, baby oil and sticks.

Management of sprain injuries in PhysioSET Physiotherapy Clinic is to get treatment with the right technique, for the manipulation of massage using myofascial release. Myofascial release is carried out from the distal muscles to the proximal muscles from those that move from the heart to the heart, for the technique is almost the same as the application of massage therapy in general. in the rehabilitation of sprain injuries, it can be given proximal to the injured joint, but not at the location of the injury, for example giving massage manipulation by combining scour and effleurage in the anterior tibialis muscle upward and manipulating the massage by combining massage. Technique of scouring (friction) and rubbing (effleurage) of the ankle joint ligaments upward, then do the manipulation of massage (vibration) on the anterior tibialis muscle as well as on the gastrocnemius muscle with the aim to relax muscle tension so that the patient can move back.

B. Recommendations

Based on research results obtained from data in the field, basically this research is going well. But it is not a mistake if the researcher wants to make some suggestions that are hopefully useful for the progress of massage therapy in general. The suggestions that researchers propose are as follows it is hoped that through further research, new information can be produced about the management of massage therapy after sprain injury, so that the physiotherapy clinic and the hospital can treat patients in a more comprehensive way.

The researchers should further develop the scope of the study, considering that the research carried out is not yet fully able to describe broadly about the management of massage therapy after sprain injury. Conduct research into the effectiveness of massage therapy in overcoming other types of injuries, and develop research at a more diverse population level.

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