

**PENATALAKSANAAN FISIOTERAPI *MOTOR RELEARNING PROGRAMME* (MRP) PADA KASUS *HEMIPARESE SINISTRA POST STROKE NON HEMORAGIK* FASE PEMULIHAN FUNGSIONAL DI KLINIK KINETA SIDOARJO**

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**Abstrak**

**Latar Belakang :** Stroke merupakan disfungsi neurologi akut yang disebabkan oleh gangguan aliran darah yang timbul secara mendadak, sehingga pasokan darah ke otak terganggu mengakibatkan kelainan fungsional dari sistem saraf pusat. Proses perbaikan atau penyembuhan yang sempurna terjadi ini terjadi pada fase pemulihan (*recovery*). Permasalahan pada pasien ini yang terganggu adalah pada keseimbangan, penurunan fungsi motorik sisi lesi, penurunan kemampuan fungsional dan keterbatasan aktifitas fungsional. Salah satu metode rehabilitasi stroke ialah *Motor Relearning Programme* (MRP).

**Tujuan :** Mengetahui manfaat metode *Motor Relearning Programme* (MRP) dapat membantu meningkatkan keseimbangan, dan aktifitas fungsional pada kondisi *post stroke non haemoragik* fase pemulihan fungsional

**Hasil :** Setelah dilakukan terapi selama 12 kali selama 1 bulan didapatkan hasil peningkatan keseimbangan dengan *Berg Balance Scale* T0: 6 menjadi T4: 30, dan Peningkatan kemampuan aktifitas fungsional dengan *Index Barthel* T0: 45 menjadi T4: 60.

**Kesimpulan :** Metode *Motor Relearning Programme* (MRP) dapat membantu meningkatkan keseimbangan, meningkatkan fungsi motorik sisi lesi dan aktifitas fungsional.

**Kata kunci :** Stroke, *Motor Relearning Programme* (MRP), *Berg Balance Scale*, *Index Barthel*.

**MANAGEMENT OF PHYSIOTHERAPY MOTOR  
RELEARNING PROGRAMME (MRP) PHASE IN  
HEMIPARESE SINISTRA POST STROKE NON HEMORAGIC  
STROKE FUNCTIONAL RECOVERY PHASE IN CLINIC  
SIDOARJO KINETA**

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**Abstract**

**Background :** Stroke is an acute neurological dysfunction caused by sudden disruption of blood flow, so that the blood supply to the brain is disrupted resulting in functional abnormalities of the central nervous system. This perfect repair or healing process occurs in the recovery phase. The problem in this patient who is disturbed is the balance, decreased motor function in the lesion side, decreased functional ability and limited functional activity. One method of stroke rehabilitation is the Motor Relearning Programme (MRP).

**Objective :** Knowing the benefits of the Motor Relearning Program (MRP) method can help improve balance, and functional activity in the non-haemorrhagic post-stroke condition of the functional recovery phase

**Results:** After doing therapy for 12 times for 1 month, the result was an increase in balance with the Berg Balance Scale T0: 6 to T4: 30, and an increase in the ability of functional activities with the Barthel Index T0: 45 to T4: 60.

**Conclusion :** The *Motor Relearning Program (MRP)* method can help improve balance, improve lesion-side motor function and functional activity.

**Keywords :** *Stroke, Motor Relearning Program (MRP), Berg Balance Scale, Barthel Index.*