

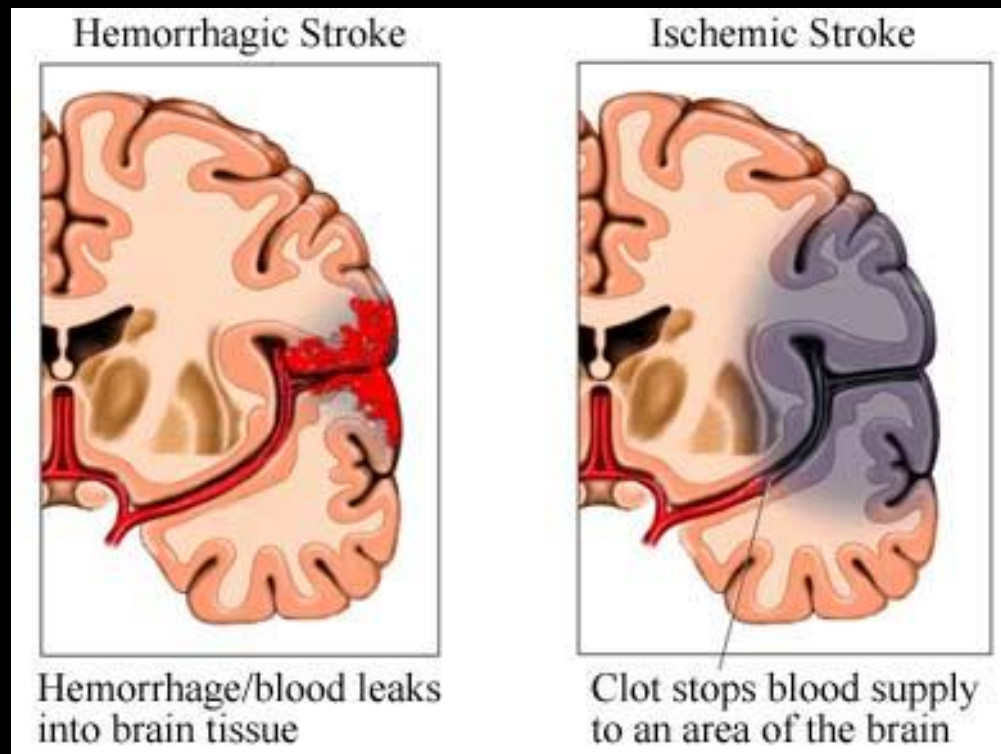
R e h a b i l i t a
d a n



c a S t r o k e
r o k e

d r . K r i s w a n t o W i d y o , S p . S

S T R O K E : G a n g g u a n p e r e d a r a n d a r a h o t a k
(s u m b a t a n & p e r d a r a h a n)



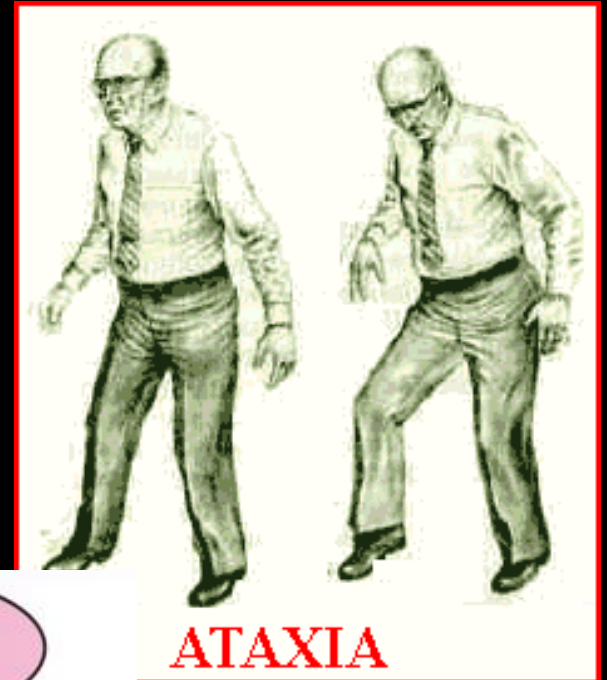
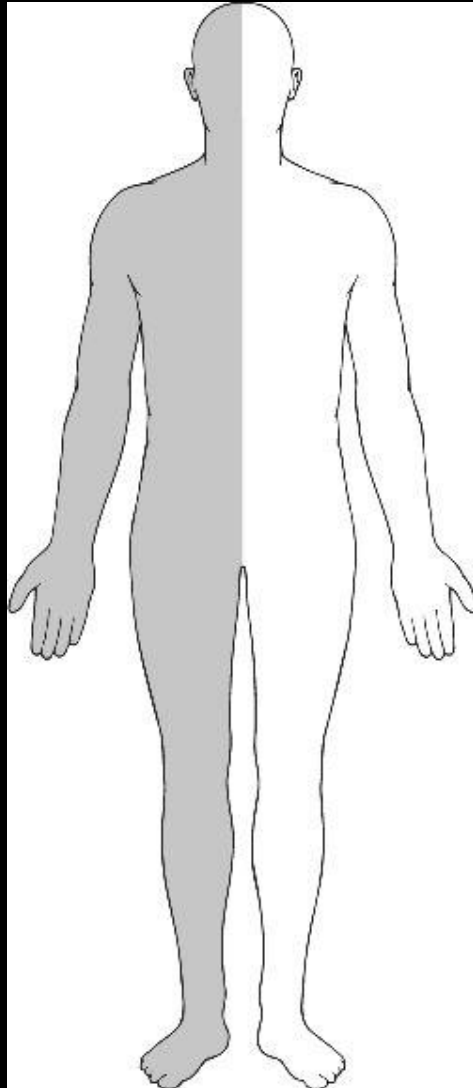
S T R O K E

p e n y e b a b k e m a t i a n

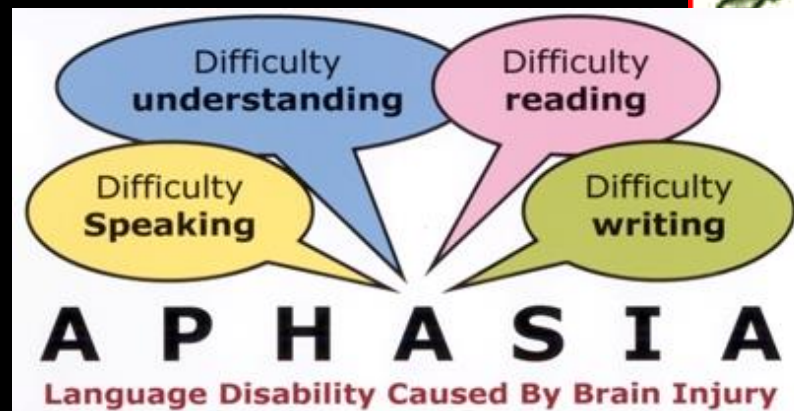
p e n y e b a b k e c a c a t a n



K e c a c a t a n p a s c a s t r o k e



ATAXIA



R e h a b i l i t a s i M e d i k

- **R e h a b i l i t a s i:** P e m u l i h a n k e b e n t u k a t a u f u n g s i y a n g n o r m a l s e t e l a h t e r j a d i l u k a a t a u s a k i t ,
- p e m u l i h a n p a s i e n y a n g s a k i t s t r o k e p a d a t i n g k a t f u n g s i o n a l o p t i m a l : d i r u m a h d a n m a s y a r a k a t , d a l a m h u b u n g a n d e n g a n a k t i v i t a s f i s i k , p s i k o s o s i a l , k e r j a d a n r e k r e a s i (D o r l a n d ' s , 2 0 0 0)

• *T u j u a n R e h a b i l i t a s i S t r o k e (W H O) :*

- 1 . M e m p e r b a i k i f u n g s i m o t o r i k , w i c a r a , k o g n i t i f d a n f u n g s i l a i n y a n g t e r g a n g g u .
- 2 . R e a d a p t a s i s o s i a l d a n m e n t a l u n t u k m e m u l i h k a n h u b u n g a n i n t e r p e r s o n a l d a n a k t i v i t a s s o s i a l .
- 3 . D a p a t m e l a k s a n a k a n a k t i v i t a s k e h i d u p a n s e h a r i - h a r i

M a s a A k u t

M a s a P e r a w a t a n

D i R S B e t h e s d a

A w a l :

F t . P a s i f e x e r c i c e

S e l a n j u t n y a

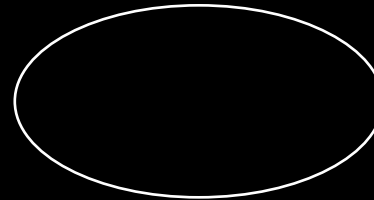
D o k t e r m e m p r o g r a m s e s u a i
k o n d i s i p a s i e n

D i R U M A H

R A W A T J A L A N D i
I n s t . R e h a b i l i t a s i M e d i k
R S . B e t h e s d a

B a n g s a l R e h a b i l i t a s i m e d i k

P U L A N G



P r i n s i p R e h a b i l i t a s i P a s c a S t r o k e

- D i m u l a i d e n g a n l a t i h a n a k t i v i t a s y a n g r i n g a n .
- B e r t a h a p m e n j a d i l a t i h a n a k t i v i t a s y a n g l e b i h b e r a t .
- A k t i v i t a s l a t i h a n b e r g a n t u n g k e b u t u h a n p a s i e n .
- R e p e t i s i / d i u l a n g .



T u j u a n A k h i r R E H A B I L I T A S I S T R O K E → K E M A N D I R I A N

K E M A N D I R I A N :

1 . M A N D I R I (I N D E P E N D E N T)

P e n d e r i t a d a p a t m e l a k s a n a k a n A K S t a m p a b a n t u a n d a r i s e s e o r a n g , b a i k b e r u p a i n s t r u k s i (l i s a n) m a u p u n b a n t u a n s e c a r a f i s i k .

2 . P E R L U B A N T U A N

P e n d e r i t a m e m e r l u k a n b a n t u a n s e s e o r a n g a t a u a l a t b a n t u , b a n t u a n b i s a b e r d e r a j a t m i n i m a l , s e d a n g a t a u m a k s i m a l .

3 . T E R G A N T U N G

P e n d e r i t a t i d a k d a p a t m e l a k u k a n a k t i v i t a s f u n g s i o n a l , m e s k i p u n d e n g a n a l a t - a l a t b a n t u . U n t u k m e l a k u k a n A K S m u t l a k m e m b u t u h k a n b a n t u a n o r a n g l a i n .



A c t i v i t y D a i l y L i v i n g

K o m u n i k a s i

(m e n u l i s , m e n g e t i k , m e n e l p o n , a l a t
k o m u n i k a s i k h u s u s , d s b)

S e l f c a r e

(b e r p a k a i a n , m a k a n , m a n d i , t o i l e t ,
m e r a w a t d i r i , d s b)

A D L

P e r a n g k a t k e r a s l i n g k u n g a n

(k u n c i , k r a n , s a k l a r , j e n d e l a /

M o b i l i t a s

s t e m p a t t i d u r / k u r s i r o d a ,
t a n g g a , b e r j a l a n , d s b)

F I S I O T E R A P I

A k t i f i t a s d i t e m p a t t i d u r : p o s i s i o n i n g , a l i h b a r i n g , l a t i h a n
p a s i f l i n g k u p g e r a k s e n d i .

M o b i l i s a s i : * l a t i h a n b a n g u n s e n d i r i , d u d u k , t r a n s f e r ,
b e r d i r i & b e r j a l a n

* L a t i h a n b e b a n r i n g a n , o l a h r a g a .

T e r a p i m o d a l i t a s : d i a t h e r m i

(U . S , S . W . D , E l e k t r o s t i m u l a s i , T E N S , d l l)

F I S I O T E R A P I
a k t i f i t a s d i t e m p a t t i d u r



F I S I O T E R A P I
t e r a p i m o d a l i t a s



O K U P A S I T E R A P I

Latihan dg aktifitas sesuai tujuan program .

- Latihan melakukan AKS sendiri atau perlu bantuan ;
memakai baju , celana , mandi dll.
- Latihan melempar bola :
- lingkup gerak sendi bahu
- latihan keseimbangan berdiri
- latihan kekuatan lengan , dll



Terapi suportif : menghasilkan suatu karya .

Misalnya : * membuat anyaman : latihan konsentrasi,
latihan koordinasi dan kekuatan otot jari ,
latihan ketahanan duduk , memori.

O K U P A S I T E R A P I



T E R A P I W I C A R A :

B e r k o m u n i k a s i v o k a l , v e r b a l , k o n s o n a n

M e n i l a i f u n g s i m e n e l a n : p e r l u l a t i h a n o t o t - o t o t
m e n e l a n



M e m b e r i k a n a k t i f i t a s m a k a n d g k o m p o s i s i
m a k a n a n y a n g b e r b e d a (k e r a s , l u n a k , c a i r) ,
m i n u m , d s b .

L a t i h a n p e n i n g k a t a n k o g n i t i f



TERAPI WICARA /
SPEECH THERAPY



O R T O T I K - P R O S T E T I K :

P e m b u a t a n a l a t b a n t u g u n a m e n d u k u n g
a k t i f i t a s p e n d e r i t a s t r o k e , m e n c e g a h s p a s t i k
y a n g b e r l a n j u t .

P e r l u p e r t i m b a n g a n k h u s u s : r i n g a n ,
s e d e r h a n a , m u d a h d i g u n a k a n .

T r i p o t , q u a d r i p o t , A F O , c o c k u p s p l i n t , d l l

P e n g g u n a a n A F O



K L U B S T R O K E

P 3 S G

P a g u y u b a n P e n d e r i t a P a s c a S t r o k e
G a r d e n i a

M A N F A A T

- U p a y a K o m p r e h e n s i f
 - P r o m o t i f : c e r a m a h k e s e h a t a n (S t r o k e)
 - P r e v e n t i f ; R e h a b i l i t a t i f :
 - : s e n a m j a s m a n i
 - : r e n a n g
 - : a l a m t e r b u k a
 - : r e k r e a s i
- K u r a t i f : t e r a p i i n d i v i d u ; w i c a r a ; o k u p a s i

P E L A K S A N A A N

- L a n g s u n g o l e h i n s t r u k t u r
- D r S p S d a n D r S p R M
- T e n a g a P r o f e s i o n a l

K E G I A T A N

- B e r g a u l
- B e r s e n a n g - s e n a n g
- T e m a n s e n a s i b
- K e m b a n g k a n b a k a t m i n a t
- K e g i a t a n 2 y a n g t e l a h d i s u s u n t e a m a h l i

P a g u y u b a n P e n d e r i t a P a s c a S t r o k e G a r d e n i a (P 3 S G)

K E U N T U N G A N N Y A :

- 1 . M e n d a p a t p e n g a w a s a n l a n g s u n g d a n p r o g r a m t e r p a d u D o k t e r S p e s i a l i s
- 2 . P e l a k s a n a a n l a n g s u n g p r o g r a m t e r p a d u : F i s i o t e r a p i , O k u p a s i t e r a p i , T e r a p i w i c a r a , P s i k o l o g .

KEUNTUNGANNYA :

- 3 . Secara psikologi: Suasana baru yang memberi semangat .
- 4 . Berjumpa dengan teman-teman sesama stroke yg dapat bertukar pengalaman .
- 5 . Dapat mengikuti acara kebersamaan :
 - Senam Stroke : tiap Rabu Jam 10.00
 - Hidroterapi, Jalan-jalan dll.

P E N G U R U S P 3 S G

K e t u a

S e k r e t a r i s

B e n d a h a r a

A n g g o t a P 3 S G

P e r s i a p a n S e n a m S t r o k e



S e n a m p e n g u a t a n o t o t k a k i



S e n a m s t r o k e



H Y D R O T H E R A P Y



K e s i m p u l a n

- L a k u k a n r e h a b i l i t a s i s e d i n i m u n g k i n .
- L a k u k a n r e h a b i l i t a s i s e c a r a b e r k e l a n j u t a n .
- P e r l u n y a K l u b S t r o k e
- L a t i h a n , l a t i h a n , d a n l a t i h a n .



STROKE CENTER RS BETHESDA



terimakasih

