

FISIOTERAPI DAN JONGKOOK BTS

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SIAPA TIDAK KENAL DIA



AKTIFITAS FISIK BTS

- Melompat
- Bernyanyi
- Berlari
- Berputar
- Berguling



Stage
performance



KOMPONEN AKTIFITAS FISIK

Berlari

- Kekuatan otot
- Kecepatan reaksi
- Stabilisasi

Melompat

- Power otot
- Fleksibilitas
- Stablisasi

Menari

- Agility
- Fleksibilitas
- Daya tahan jantung paru

STRETCHING ALA BTS



BTS EXERCISE





FISIOTERAPI

- Bukan Istilah dari Indonesia
- Physiotherapy - Physical Therapy
- Fysiotherapie - Fisioterapi
- Global - Pengertian universal
- Paradigma universal



DEFINISI FISIOTERAPI

- **Physiotherapists** are autonomous health professionals who are responsible for developing, maintaining or restoring motor function and movement throughout the lifespan using evidence-based practice. They relieve pain and treat or prevent physical conditions associated with injury, disease or other impairments. (WCPT 9 Jan 2020)
- bentuk pelayanan kesehatan kepada individu dan atau kelompok agar mereka dapat mengembangkan, memelihara dan memulihkan gerak serta fungsi tubuh sepanjang daur kehidupan dengan menggunakan secara manual, peningkatan gerak, peralatan (fisik, elektroterapeutis, dan mekanis), pelatihan fungsi, komunikasi. (Permenkes : Nomor 80/MENKES/SK/XII/2014)



DEFINISI FISIOTERAPI

- Pelayanan kepada individu dan masyarakat
- Mengembangkan, memelihara, memulihkan gerak dan fungsi
- Sepanjang daur kehidupan
- Dengan modalitas fisioterapi



FRAGMENTASI PELAYANAN FT

- Fisioterapi Kesehatan Wanita
- Fisioterapi Tumbuh Kembang
- Fisioterapi K 3
- Fisioterapi Kesmas
- Fisioterapi Geriatri
- Fisioterapi Medik
- Fisioterapi Olahraga

IFSPT Definition and Description of the Sports Physiotherapist

3.1 Sports Physiotherapist: A Definition

- A sports physiotherapist is a recognised professional who demonstrates advanced competencies in the promotion of safe physical activity participation, provision of advice, and adaptation of rehabilitation and training interventions, for the purposes of preventing injury, restoring optimal function, and contributing to the enhancement of sports performance, in athletes of all ages and abilities, while ensuring a high standard of professional and ethical practice.

3.2 Sports Physiotherapist: A Description

- Sports physiotherapists are professionals who aspire to work at master's level. Sports physiotherapists work with athletes of all ages and abilities, at individual and group levels, to prevent injury, restore optimal function and contribute to the enhancement of sports performance, using sports-specific knowledge, skills and attitudes to achieve best clinical practice.



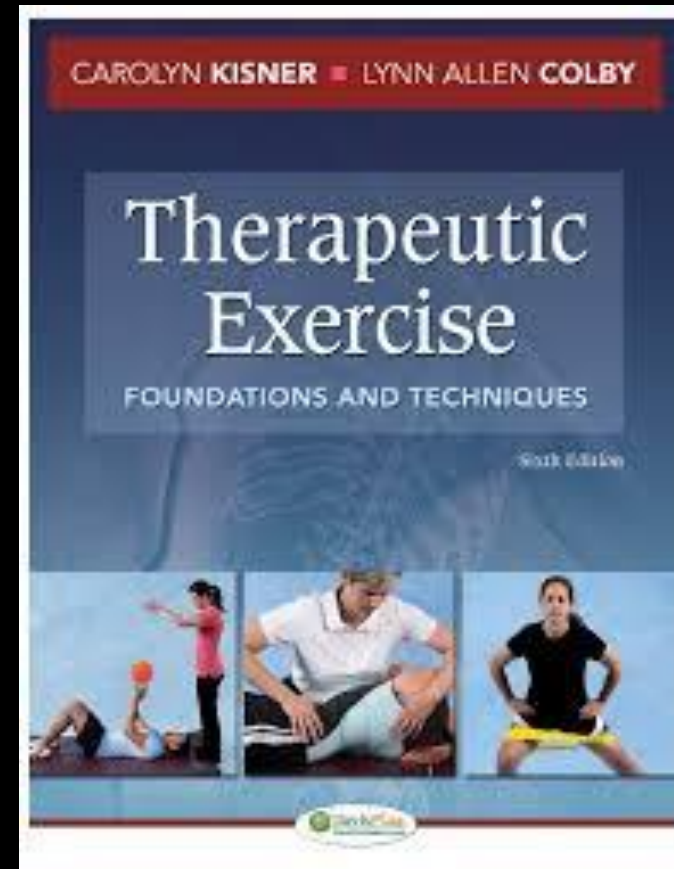
FISIOTERAPI OLAAHRAGA

- 1 Injury Prevention
- 2 Acute Intervention
- 3 Rehabilitation
- 4 Performance Enhancement



INTERVENSI TERAPI LATIHAN

- Terapi latihan adalah rencana yg sistimatis untuk perencanaan penampilan dari gerak tubuh, postur dan aktifitas fisik dari pasien/ klien
- Aerobic conditioning dan reconditioning, Latihan performa otot ; strength, power & endurance training, Penguluran otot dengan teknik streching dan mobilisasi sendi, Latihan kontrol postural, gerakan tubuh, dan stabilisasi, Relaxation exercises

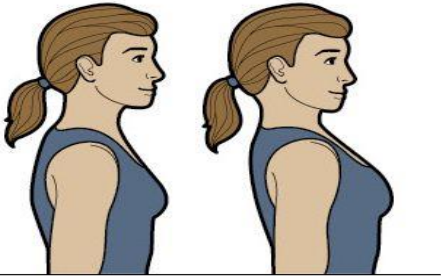




BISAKAH FISIOTERAPI MEMBANTU BTS

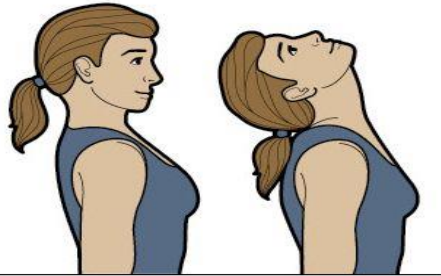
- Latihan fleksibilitaas
- Latihan agility
- Latihan kekuatan otot dan stabilisasi
- Latihan daya tahan

» THE PROGRAM



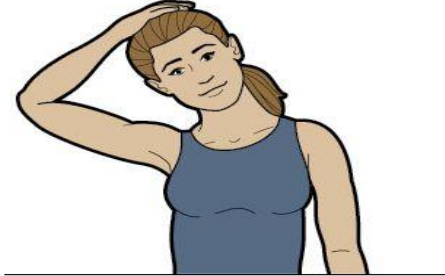
▼ Neck Retraction

While lying faceup or sitting down, bring head straight back, keeping your eyes on the horizon. Then return to neutral. Repeat 10 times.



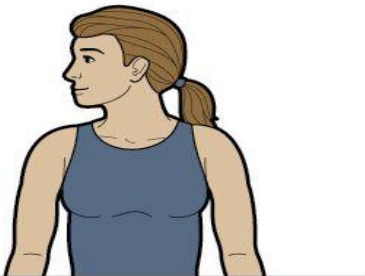
▼ Head Drop

Starting in a seated position, retract neck (as above). Slowly move head up and backward as far as you can comfortably go. Return to neutral. Repeat 10 times. Do this exercise again at the end of each session (so you do it twice each session).



▼ Side Bend

Sit down, bring head into neck-retraction position, then gently guide right ear toward right shoulder with right hand. Stop when you feel a stretch on left side of neck. Return to neutral. Repeat 5 times on each side.



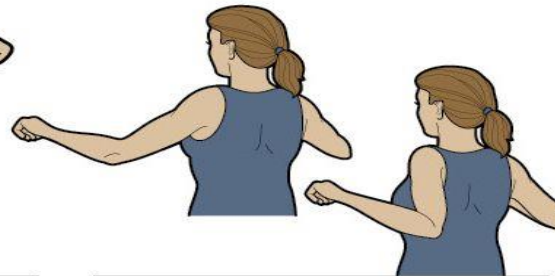
▼ Rotation

While sitting, bring head into neck-retraction position, then gently turn head diagonally to the right so your nose is over your shoulder. Return to neutral. Repeat 5 times in each direction (left and right).



▼ Flexion

Sitting down, bring head into neck-retraction position. Clasp hands behind head and gently guide head down, bringing chin toward chest. Stop when you feel a stretch in the back of your neck. Return to neutral. Repeat 5 times.



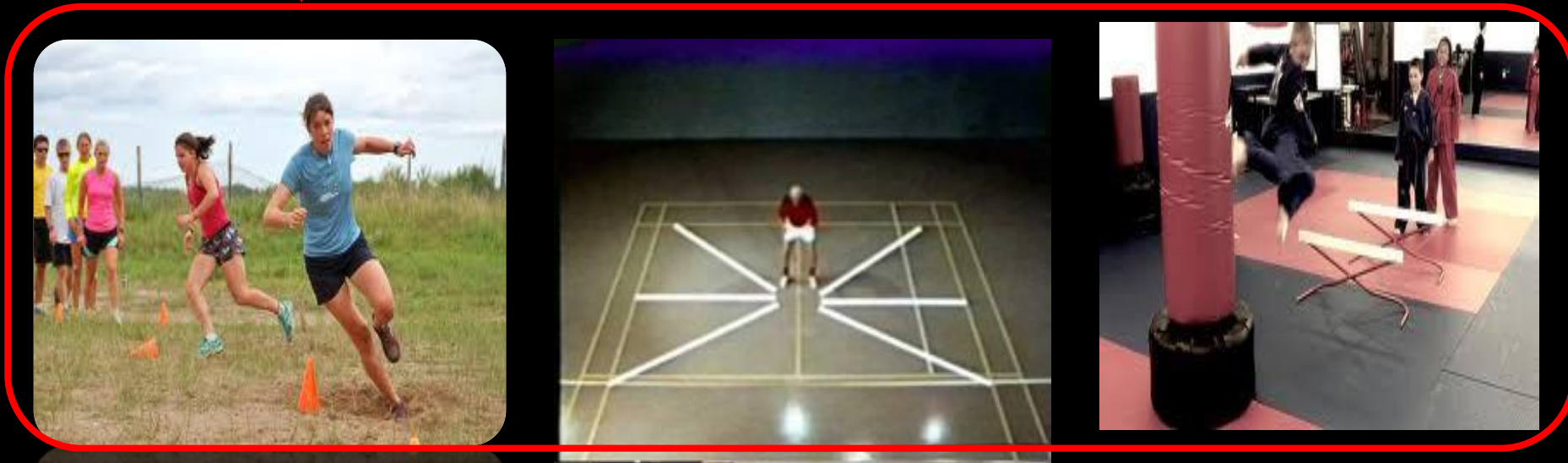
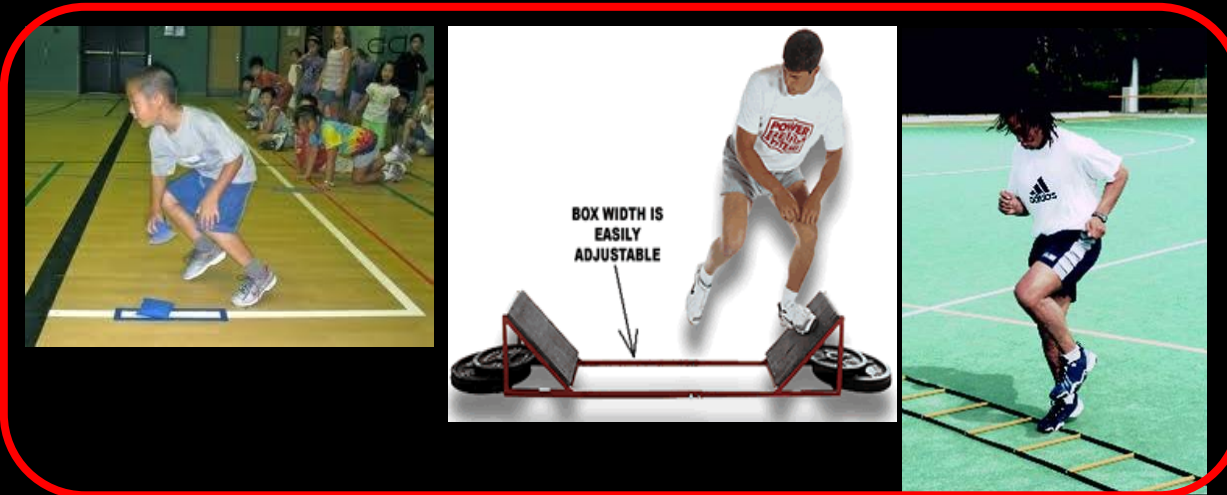
▼ Shoulder Blade Pull

While sitting, bend raised arms at 90-degree angles. Relax shoulders and neck. Keeping arms and neck still, squeeze the muscles between shoulder blades, drawing shoulder blades closer together. Return to neutral. Repeat 5 times.

Agility

adalah kemampuan merubah arah secara cepat dengan seimbang dan mampu mengendalikan posisi tubuh dalam waktu yang singkat.

BREAK STRENGTH



Aplikasi latihan daya tahan

Bervariasi jaraknya/ lamanya
Volume latihan

Bervariasi tingkat usahanya
Intensitas latihan



MENGAPA ESA UNGGUL


- Keunggulan pada manual terapi dan fisioterapi olahraga
- Staf pengajar yang praktek
- Fasilitas klinik OR yang memadai
- Mudah mencari kerja





KESIMPULAN

- Stage performance BTS membutuhkan komponen fisik yang baik seperti; Performa otot, agility, stabilisasi dan daya tahan jantung paru
- Fisioterapi olahraga dengan kemampuan memberikan Terapi Latihan untuk meningkatkan Stage Performance
- Fisioterapi bisa berperan untuk Sehat dan Energik bersama BTS



TERIMA KASIH

Sampai Ketemu di Kelas