

FISIOTERAPI KEBIDANAN DAN KESEHATAN IBU

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KATA PENGANTAR

Puji syukur ke hadirat Tuhan Yang Maha Esa atas rahmat dan karunia-Nya, sehingga buku ajar berjudul *Fisioterapi Kebidanan dan Kesehatan Ibu* ini dapat hadir dan terselesaikan dengan baik. Kehadiran buku ini diharapkan menjadi salah satu sumber bacaan yang memberikan wawasan mengenai peran fisioterapi dalam mendukung kesehatan ibu pada berbagai tahap kehidupan.

Buku ini disusun untuk memberikan pemahaman yang lebih mudah dipahami mengenai berbagai upaya perawatan dan pemeliharaan kondisi tubuh ibu, baik pada masa kehamilan, persalinan, maupun setelahnya. Pembahasan di dalamnya dirancang agar dapat membantu para ibu, tenaga pendamping, serta keluarga dalam mengenali pentingnya menjaga kebugaran dan pemulihan tubuh secara tepat dan aman.

Buku ini juga diterbitkan untuk masyarakat umum dan tersedia untuk diperjualbelikan sebagai bacaan yang bermanfaat bagi siapa saja yang ingin memahami kesehatan ibu dari sudut pandang fisioterapi.

Jakarta, Juli 2026

Tim Penyusun

DAFTAR ISI

KATA PENGANTAR.....	iii
DAFTAR ISI	iv
Bab 1: Konsep Dasar Fisioterapi Kebidanan.....	1
1.1 Pengertian dan Ruang Lingkup Fisioterapi Kebidanan..	1
1.2 Perubahan Tubuh Selama Kehamilan dan Implikasinya	5
1.3 Intervensi Fisioterapi pada Periode Prenatal	9
1.4 Intervensi Fisioterapi pada Periode Postpartum.....	13
1.5 Latihan Soal.....	17
Bab 2: Asesmen Fisioterapi pada Ibu dan Perempuan.....	18
2.1 Konsep Dasar Asesmen Fisioterapi pada Perempuan ..	18
2.2 Metode Asesmen Otot-Otot Dasar Panggul	25
2.3 Asesmen Perempuan dalam Berbagai Kondisi Klinis .	29
2.4 Latihan Soal.....	37
Bab 3: Intervensi Pra-Konsepsi dan Persiapan Kehamilan	39
3.1 Konsep dan Pentingnya Persiapan Pra-Konsepsi.....	39
3.2 Intervensi Nutrisi dan Manajemen Berat Badan Pra-Konsepsi	43
3.3 Intervensi Perilaku dan Gaya Hidup Pra-Konsepsi.....	48
3.4 Intervensi untuk Kondisi Kesehatan Kronis Pra-Konsepsi	52
3.5 Latihan Soal.....	56
Bab 4: Fisioterapi pada Kehamilan Trimester 1-3	58

4.1 Perubahan Fisiologis dan Adaptasi Tubuh Ibu Hamil .	58
4.2 Manfaat Aktivitas Fisik dan Latihan Fisioterapi Selama Kehamilan.....	61
4.3 Program Latihan Fisioterapi untuk Masing-masing Trimester.....	64
4.4 Pengelolaan Gangguan Spesifik Selama Kehamilan ...	67
4.5 Latihan Soal.....	70
Bab 5: Teknik Fisioterapi untuk Persalinan	72
5.1 Pengenalan Teknik Fisioterapi dalam Persalinan.....	72
5.2 Teknik Relaksasi dan Pernapasan	75
5.3 Teknik Manual dan Mobilitas	77
5.4 Teknik Posisi dan Peralatan Pendukung	79
5.5 Latihan Soal.....	82
Bab 6: Rehabilitasi Nifas dan Pemulihan Postpartum	83
6.1 Konsep Dasar Rehabilitasi dan Pemulihan Nifas.....	83
6.2 Perawatan Luka dan Pencegahan Infeksi Postpartum..	86
6.3 Latihan dan Aktivitas Fisik untuk Pemulihan Postpartum	90
6.4 Manajemen Nyeri dan Dukungan Psikologis Postpartum	93
6.5 Kebutuhan Nutrisi dan Istirahat dalam Proses Rehabilitasi Postpartum.....	96
6.6 Latihan Soal.....	99
Bab 7: Manajemen Nyeri dan Disfungsi Muskuloskeletal Kehamilan	101

7.1 Patofisiologi dan Etiologi Nyeri Muskuloskeletal	
Kehamilan.....	101
7.2 Presentasi Klinis dan Diagnosis Nyeri Muskuloskeletal	
Kehamilan.....	105
7.3 Strategi Manajemen Non-Farmakologis	109
7.4 Manajemen Farmakologis Nyeri Muskuloskeletal	
Kehamilan.....	113
7.5 Latihan Soal.....	116
Daftar Pustaka.....	117
Profil Penulis.....	135

Daftar Pustaka

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Buku ajar **Fisioterapi Kebidanan dan Kesehatan Ibu** membahas peran fisioterapi dalam mendukung kesehatan ibu pada masa kehamilan, proses persalinan, hingga pemulihan setelah melahirkan. Berbagai teknik latihan gerak, perawatan tubuh, penguatan otot dasar panggul, serta cara membantu mengurangi keluhan seperti nyeri punggung dan ketegangan selama kehamilan dijelaskan secara sederhana dan mudah dipahami.

Dengan penyajian yang praktis, buku ini membantu pembaca mengenal pentingnya menjaga kebugaran dan kenyamanan tubuh ibu di setiap tahap. Buku ini ditujukan untuk masyarakat umum dan tersedia untuk dibeli sebagai panduan dalam memahami perawatan kesehatan ibu secara lebih baik.

