

Cindy Refantika

Nim : E2016013

Program Studi Diploma IV Fisioterapi

Maskun Pudjianto, S.MPh., S.Pd.,M.Kes

Nasri M.Or

THE USE OF MYOFASCIAL RELEASE METHODS TO SHOULDER PAIN IN BATIK CRAFTS

SUMMARY

Background: Batik is one of the Indonesian cultures that is in demand both at home and abroad. This batik art is unique because of the variety of motifs and colors. There are various types of batik known, one of which is hand-written batik and printed batik from Central Java. During the manufacturing process, it takes approximately one month to produce quality batik. During the making of written batik, chanting and stamping are the most crucial stages and take a long time because it requires high accuracy and patience. This work position if repeated and carried out in the long term will cause muscle tension which then causes complaints to the musculoskeletal system. : ***Objective:*** As a promotional medium containing myofascial release to reduce pain in shoulder pain. ***Methods:*** The method used is using IEC media, namely booklets as a tool to increase knowledge and as a guide in handling myofascial releases. ***Result:*** The KIE booklet media will be distributed to the general public, especially batik industry workers and the elderly through health education activities accompanied by elderly posyandu cadres. ***Conclusion:*** As a promotional and educational media that will be distributed to the general public, especially batik industry workers and the elderly, through health education activities accompanied by elderly posyandu cadres to deal with shoulder pain.

Keywords: Shoulder pain, myofascial release, batik, booklet.