

**BASIC WRIST STRETCHES AGAINST PREVENTION IN CARPAL  
TUNNEL SYNDROME (CTS) PLAYERS ONLINE GAME**

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**SUMMARY**

**Background;** Carpal Tunnel Syndrome (CTS) is a neurological disorder in the upper limb in which the Median Nerve is squeezed. Carpal tunnel syndrome (CTS) can be caused by diabetes, thyroid disorders, alcohol use, arthritis, predisposition genetic, and occupational factors. carpal tunnel syndrome (CTS) Work- related occurs when routine activities require regular and repetitive movements of the hand and wrists, as in the player online game **method;** The method used is using IEC media, namely posters which are predicted to be the implementation of health promotion that can be used as a reference by physiotherapists and physiotherapy students. **Purpose;** know the making of communication media, information and education about Basic wrist stretches as a promotional and preventive media for physiotherapy in preventing Carpal Tunnel Syndrome. **Result;** the results of KIE media in the form of posters containing Basic Wrist Stretches Against Prevention Carpal Tunnel Syndrome (CTS). In players it Online Game can be distributed to the public, especially players Online Game. **Conclusion;** Media Poster on training Basic Wrist Stretches for the prevention of Carpal Tunnel Syndrome in players is online game declared fit for use after being reviewed by online game players and physiotherapists through testimony about a poster entitled "Basic Wrist Stretches against Prevention Carpal Tunnel Syndrome (CTS) in Players Online Game" the result is that posters can be accepted and understood by online game players and physiotherapists

**Keywords:** *Carpal Tunnel Syndrome, Online Games, Basic Wrist Stretches*