

STRETCHING EXERCISE AND MYOFASCIAL RELEASE TO REDUCE NECK PAIN IN TRADITIONAL WRITTEN BATIK

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SUMMARY

Background: Culture essentially has a soul that will continue to live. Since October 2, 2009 UNESCO has designated batik as Indonesia's original cultural heritage. Batik makers with their head facing forward slightly downwards cause serious problems, affecting the quality of their daily work. Physiotherapy plays an important role in neck pain problems by providing Stretching Exercises and Myofascial Release. Stretching exercises can reduce muscle stiffness by elongating the musculoskeletal system so that it can reduce pain and increase flexibility. Myofascial release (MFR) is a therapeutic technique that applies gentle pressure and stretching to restore muscle length, reducing pain. **Objective:** To increase knowledge, especially for physiotherapists, about reducing neck pain by giving stretching exercises and myofascial release to reduce neck pain in batik. **Method:** The selected media is a pocket book. Pocket books are chosen as media because they have several advantages. **Result:** media pocket book entitled “Stretching Exercise and Myofascial Release to Reduce Neck Pain in Traditional Written Batik”. **Conclusion:** The pocket book entitled “Stretching Exercise and Myofascial Release to Reduce Neck Pain in Traditional Written Batik” was chosen as a health promotion media targeting health practitioners, especially physiotherapists.

Keywords: Neck Pain, Batik Maker, Stretching Exercise, Myofascial Release