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THE EFFECT OF ISCHEMIC COMPRESSION ON THE REDUCTION OF MYOFASCIAL PAIN TRIGGER POINT SYNDROME UPPER TRAPEZIUS MUSCLE TO OFFICE WORKERS ON PT.WISANKA SUKOHARJO

ABSTRACT

Background: Working in front of the computer with a static position and the poor work ergonomics in a long time can causeda musculoskeletal problem. The on of the risk that happened in activity is upper trapezius muscle. Continues upper trapezius muscle contraction have caused trigger point on the taut band that it will caused myofascial pain trigger point syndrome.

Objective: This study aims to determine the effect of Ischemic Compression technique for decrease myofascial trigger point pain syndrome of upper trapezius muscle to office workers on PT.Wisanka Sukoharjo.

Methods: This research is a quantitative research approach types Quasi Experimental with One Group Pre-Post Test Design. The sampel used 27 responden, while the research instrument for 6 times a week for 2 weeks. Univariate analysis was using Wilcoxon Signed Ranks Test.

Result: The result of Wilcoxon Signed Ranks Test is the subject show the p-value $< 0,000$ ($p < -0,05$) that there is a significant difference in pain reduction when before and after given treatment of ischemic compression.

Conclusion: There is the effect of ischemic compression technique to decrease myofascial trigger point pain syndrome upper trapezius muscle to office workers on PT.Wisanka Sukoharjo.

Keywords: myofascial trigger point syndrome, upper trapezius, ischemic compression