

GIVING STRETCHING NECK EXERCISE TO OVERCOME FORWARD HEAD POSTURE IN THE ELDERLY

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SUMMARY

Background: Another type of posture disorder known as Forward Head Posture (FHP) is defined as the anterior position of the head and neck that crosses the vertical line of the body when viewed from the side. When performing tasks such as writing, using a smartphone, the neck may bend forward and lean forward, thus contributing to forward head posture. Exercise programs that aim to correct FHP misalignment towards ideal posture using Stretching Neck Exercise are common for physical interventions given to correct FHP. **Objective:** Increase knowledge for the elderly and physiotherapy students about the provision of Stretching Neck Exercise to overcome forward head posture. **Method:** The method used uses KIE media, namely video. Video was chosen as an KIE media because it has several advantages. The video was made by taking into account the guidelines of the University of 'Aisyiyah Surakarta. **Results:** KIE print media in the form of this video can be distributed directly to the elderly and physiotherapy students. **Conclusion:** As a media of promotion, information and education for the elderly and physiotherapy students about “Giving Stretching Neck Exercise to Overcome Forward Head Posture in the Elderly”.

Keywords: Forward Head Posture, Stretching Neck Exercise, Elderly