

**THE APPLICATION OF FINGER HOLD RELAXATION TECHNIQUE  
TO PERINEAL WOUND PAIN IN  
POSTPARTUM**

Syafira Rizqi Ramadhani<sup>1</sup>, Norman Wijaya Gati<sup>2</sup>  
[syafira.rizqi.r@gmail.com](mailto:syafira.rizqi.r@gmail.com)  
Universitas 'Aisyiyah Surakarta

**ABSTRACT**

**Background:** The number of births with perineal injuries in the Sukoharjo region in 2024 was 14,865. Vaginal delivery is one of the causes of injury and pain in the perineum area. Approximately 80% of spontaneous births can result in perineal lacerations. Finger grip relaxation is an effective non-pharmacological therapy for alleviating perineal wound pain. **The objectives of the research:** Describing the differences before and after results of finger grip relaxation technique on perineal wound pain in postpartum. **Methods:** This type of research is applied research with case studies using descriptive research methods. This implementation uses two respondents and utilized the Numeric Rating Scale (NRS) to measure pain levels, which was conducted for 3 days with 20 minute sessions, where each finger on the hand was grasped for 2 minutes. **Results:** Following the application of finger grip relaxation, both respondents showed a decrease in pain intensity, both respondents experienced a decrease in the pain scale from moderate to mild. **Summary:** Finger grip relaxation technique is effective in reducing perineal wound pain in postpartum.

**Keyword:** Perineal wound, pain, finger grip relaxation.