

ABSTRACT

APPLICATION OF A COMBINATION OF KINESIO TAPE AND MEDIAN NERVE MOBILIZATION TO REDUCE THE RISK OF *CARPAL TUNNEL SYNDROME PAIN*

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SUMMARY

Background: *The health of the movement system is a fundamental aspect to support human productivity in carrying out daily activities both in the scope of work and social. Unfortunately, complaints due to musculoskeletal problems that occur in the limbs are often found in various groups of society. CTS is one of the musculoskeletal disorders that occurs in the wrist using hands repeatedly and intensively, people with diabetes mellitus, and pregnant women who experience hormonal changes and fluid retention.* **Objective:** *To provide informative audiovisual education on Kinesio tape application techniques and median nerve mobilization steps in CTS cases.* **Methods:** *Using IEC media, namely videos as a tool for promotional media and information to physiotherapists.* **Results:** *IEC media in the form of videos is useful for physiotherapists in providing interventions to patients suffering from and at risk of CTS.* **Conclusion:** *The IEC output product produced in the form of making a video entitled “Application of Kinesio Tape Combination and Median Nerve Mobilization to Reduce Pain in Carpal Tunnel Syndrome” which is aimed at Physiotherapists, especially practitioners who are directly related to patients with Carpal Tunnel Syndrome.*

Keywords: *Carpal Tunnel Syndrome, Kinesio Tape, ULTT 1*