

**THE INFLUENCE OF MYOFASCIAL RELEASE AGAINST DECREASE  
PAIN CARPAL TUNNEL SYNDROME ON THE GAME PLAYER  
PLAYSTATION THE TOMB OF HAJI  
SURAKARTA**

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**ABSTRACT**

**Background:** Carpal tunnel syndrome pain the wrist due to movement in a recurrent manner and excessive. Carpal tunnel syndrome is disorder reported as musculoskeletal disorders on the wrist. The playstation player were 15 people from 33 has musculoskeletal disorders in his wrist akibat movement in repetition and excessive. Myofascial release one of them as physiotherapy modalities carpal tunnel syndrome **Objective:** This study was conducted to determine the effect of myofascial release to the decrease Carpal Tunnel Syndrome pain. **Method:** This study using pre-experiment with one groups pre and post test design, The sample taking technique uses simple random the sampling method. A population of 33 and those 15 respondents all given treatment myofascial release. **Results:** Univariate test obtained the results of Sufferer carpal tunnel syndrome dominated at the age of 17-25 years and Characteristic of pain dominated mild pain. wilcoxon test result shows there was an effect of myofascial release to decrease in pain carpal tunnel syndrome with value  $p = 0,001$  ( $p < 0,05$ ). **Conclusion:** myofascial release can reduce carpal tunnel syndrome pain in game players playstation makam haji surakarta.

**Key Word :** Myofascial Release, Pain, Carpal Tunnel Syndrome

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