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***MYOFACIAL PAIN SYNDROME UPPER TRAPEZIUS PAIN REDUCTION
WITH ISCHAEMIC COMPRESSION AND DEEP TRANVERSE FRICTION
TECHNIQUES***

SUMMARY

Background: The risk factors for making batik work have musculoskeletal complaints, the batik making process tends to be less ergonomic. The position of the neck that tends to bend forward for a long time and continuously results in complaints of pain in the upper trapezius neck muscles. Myofascial Pain Syndrome is a chronic pain disorder that occurs in the skeletal muscles, MPS can be diagnosed when a trigger point is found. Manual therapy that can be given for upper trapezius myofascial pain syndrome is ischemic compression and deep transverse friction. ***Objective:*** To determine the management of upper trapezius myofascial pain syndrome with ischemic compression and deep transverse friction techniques. ***Methods:*** The method used is using IEC media, namely booklets as a tool to increase the knowledge and skills of physiotherapists in managing the reduction of upper trapezius myofascial pain syndrome. ***Result:*** KIE Media This booklet will be disseminated to physiotherapists, other medical personnel, and batik craftsmen as a means of MPS knowledge, promoting ischaemic compression and deep transverse friction interventions in handling MPS, as well as educational guidelines to prevent MPS. ***Conclusion:*** As a medium of education and information for physiotherapists, other media personnel, and batik craftsmen for the treatment of upper trapezius myofascial pain syndrome..

Keywords: Myofascial Pain Syndrome, Ischemic Compression, Deep Transverse Friction, Booklet