

**GIVING STRETCHING NECK AND MULLIGAN EXERCISE TO
DECREASE NECK PAIN IN THE E-LEARNING OF COVID-19 FOR
STUDENTS**

Dirita Sepvhiana Pratiwi
Maskun Pudjianto, S.MPH., S.Pd., M.Kes
diritasp@gmail.com
'Aisyiyah University Of Surakarta

SUMMARY

Background: Neck pain is a complaint in the neck that is caused by injured bones, joints or muscles. Neck pain was widely complained of during the online period by college students. The incidence of neck pain has an annual prevalence exceeding 30%. Neck pain can be relieved by neck stretching and mulligan exercise, has the difference that neck stretching intervenes in muscle flexibility and neuromuscular coordination, reduces pain and muscle weakness as well as increases physical activity, improves posture, whereas mulligan exercise is a manual therapeutic action applied by means of withdrawal of rolling and gliding on the cervical by determining the facet joints that are injured. **Objective:** to determine the provision of neck stretching and mulligan exercise to reduce neck pain in the online period of COVID-19 in students. **Methods:** The method used was using KIE media, namely booklet as a tool for information on reducing neck pain. **Result:** The KIE media booklet will be disseminated to the public or students. **Conclusion:** As a medium of information to students about reducing neck pain.

Keywords: Students, neck pain, stretching and mulligan exercise