

**BENEFITS OF INTEGRATED NEUROMUSCULAR INHIBITION
TECHNIQUE THERAPY TO REDUCE PAIN IN MYOFASCIAL
TRIGGER POINT UPPER TRAPEZIUS FOR ELDERLY**

Fradilla Ike Wantikasari, Rini Widarti

fradillaikke@gmail.com

University of 'Aisyiyah Surakarta

SUMMARY

Background : Myofascial pain syndrome is a condition of acute or chronic muscle or fascial pain involving sensory, motor, or autonomic functions that triggers myofascial trigger points. Myofascial trigger point upper trapezius is often found in everyone because of continuous muscle contractions caused by incorrect working postures. Physiotherapy treatment that can be done for myofascial trigger point upper trapezius in the form of Integrated Neuromuscular Inhibition Technique (INIT) which consists of ischemic compression, strain counter strain, and muscle energy technique. **Purpose** : To find out the procedure and dose exercise of Integrated Neuromuscular Inhibition Technique therapy. **Methods** : The method used is using IEC media (Communication, Information, and Education) media in the form of a booklet. **Results** : This booklet media will be distributed to physiotherapy and elderly posyandu as an easy and practical guideline for interventions. **Conclusion** : As a media of information and education for physiotherapy and elderly posyandu to facilitate manual therapy of Integrated Neuromuscular Inhibition Technique therapy.

Keywords : Myofascial Trigger Point Upper Trapezius Pain, Integrated Neuromuscular Inhibition Technique Manual Therapy, and Booklet.