

MC. KENZIE NECK EXERCISE FOR FORWARD HEAD POSTURE (FHP) ON SMARTPHONE USERS

Pepti NovitaSari, Ari Sapti Mei Leni

peptinovita10@gmail.com

'Aisyiyah University of Surakarta

SUMMARY

Background: Smartphone users usually tend to bend their neck to gaze at closer objects so that the head is bent for long periods of time, this is known as the forward head posture. Forward head posture or the position of the head in front of the shoulders that can be experienced by various ages and genders. Complaints due to forward head posture are neck pain and changes in head posture, so that training is needed to overcome these complaints, one of which is the Mc.Kenzie Neck Exercise. Not all smartphone users know about this exercise, so there is a need for media to provide information and education to smartphone users who complain about the consequences of the forward head posture. **Method:** the method used was the IEC media, namely the booklet entitledl Mc.Kenzie neck exercises for advanced head posture on smartphone users. **Result:** this booklet media will be disseminated to the public, especially smartphone users, as a reference exercise to overcome forward head posture with the Mc.Kenzie Neck Exercise. **Conclusion:** booklet media as a promotional media for physiotherapy and as a media of information and reference for the general public, especially smartphone users, in dealing with complaints of forward head posture with the Mc.Kenzie Neck Exercise exercise.

Keywords: smartphoe users, Forward head posture, Mc.Kenzie Neck Exercise, Booklet