

**PENGARUH MC KENZI CERVICAL EXERCISE TERHADAP NECK PAIN
AKIBAT FORWARD HEAD POSTURE DI MASA PANDEMI COVID 19
PADA PEKERJA KANTOR**

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ABSTRACT

Background: Neck pain is a spasm or muscle tension in the neck area which causes limitations in neck movement so that the functional neck will be hampered. Mc kenzie Cervical Exercise is an exercise to reduce pain in the neck can also increase the flexibility of the neck muscles, can help increase the limited range of motion, reduce muscle spasm. **Objective:** To determine the effect of mc kenzi cervical exercise on neck pain due to forward head posture during the covid 19 pandemic in office workers. **Methods:** This study used a quasi-experimental with one group pre and post test with a sample of 25 respondents. The research instrument uses the Numeric Rating Scale. The Mc Kenzi Cervical Exercise intervention was performed 3 times for 3 weeks. Data analysis used the Marginal Homogeneity test. **Results:** Marginal Homogeneity test based on pain measurement using a NRS on neck pain in office workers before and after treatment, showed a significance result of $p = 0.001$ which means ($p < 0.05$). **Conclusion:** There is an effect of Mc Kenzi Cervical Exercise on Neck Pain due to Forward Head Posture during the covid 19 pandemic on office workers.

Keyword: Neck Pain and Mc Kenzi Cervical Exercise