

***PROVIDING MC KENZIE CERVICAL EXERCISE EDUCATION WITH A
COMBINATION OF NECK CAILLIET EXERCISE TO REDUCE NECK
PAIN FOR WORKERS IN STATIC POSITIONS***

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SUMMARY

Background: Neck pain is a disease of the neck structure that results in muscle spasms and loss of movement function in the body. Neck pain is often experienced by workers, especially workers in static positions where the posture becomes less ergonomic during work in positions that often tilt the neck and bending the neck forward for long periods of time and frequently, so this results in neck pain.

Purpose : Increase knowledge for workers in static positions about Mc Kenzie cervical exercise and neck cailliet exercise to reduce neck pain and as a curative and preventive measure in reduce neck pain in workers in static positions.

Method: The KIE media chosen is video. Video was chosen as KIE media because it has several advantages. The video was made by paying attention to the guidelines from 'Aisyiyah Surakarta University.

Results: KIE media in the form of a video entitled "MC Kenzie cervical exercise and neck cailliet exercise to reduce neck pain in workers in static positions". The video contains about Neck Pain, Mc Kenzie Cervical Exercise and Neck Cailliet Exercise. ***Conclusion:*** The video entitled "MC Kenzie cervical exercise and neck cailliet exercise to reduce neck pain in workers in static positions" was chosen as health promotion media targeting workers in static positions.

Keywords : Workers in static positions, neck pain, mc kenzie cervical exercise, neck cailliet exercise