

**PENGARUH *MYOFASCIAL RELEASE* DAN *POSTURAL AWARENESS*
TERHADAP PENURUNAN NYERI LEHER AKIBAT *FORWARD HEAD POSTURE*
PADA REMAJA**

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ABSTRACT

Background: Forward Head Posture is the head position bent forward above the shoulder where the normal head position is parallel to the shoulders. Forward head posture causes neck pain and can lead to a decrease in learning concentration in teenage students. Myofascial release aims to stretch the fascia, reduce tissue strain and reduce neck pain while postural awareness exercises aim to correct poor posture due to the Forward head posture and reduce pain in the neck. **Objective:** To know the influence of Myofascial release and postural awareness on decreased neck pain due to forward head posture in adolescents. **Methods:** This type of research is a quantitative, experimental pre-post test with a total of 27 subjects. Myofascial release and postural awareness interventions are performed 2x a week in 4 weeks. **Results:** The results of this study showed an effect on the subject after given intervention with NRS value ($p=0,046$). **Conclusion:** There is influence on the subject after given interventions such as myofascial release and postural awareness. **Keywords:** *Forward head posture, neck pain, myofascial release, postural awareness*