

**THE EFFECT OF A COMBINATION OF *NECK CALLIET EXERCISE*
AND *NEUROMUSCULAR TAPING* ON REDUCING *CERVICAL ROOT*
SYNDROME PAIN TAILORS IN SRAGEN**

Iim Alin Anjani¹, Dita Mirawati²
anjani121002@gmail.com
Universitas 'Aisyiyah Surakarta

ABSTRACT

Background: *Cervical root syndrome* (CRS) is a clinical condition caused by compression of the nerve roots in the neck area, often experienced by workers in static positions for long periods such as tailors. CRS can cause significant pain symptoms, affecting daily activities and quality of life. **Objective:** this study aims to determine the effect of a combination of *neck calliet exercise* and *Neuromuscular taping* on reducing pain in sufferers of *cervical root syndrome* among tailors in Sragen. **Method:** this research uses a design quasi-experimental with pre-test and post-test. The research subjects were 26 tailors in Sragen who were selected based on inclusion and exclusion criteria. The intervention provided is a combination of *neck calliet exercise* and *Neuromuscular taping*. Pain levels were measured using NRS scale before and after the intervention. **Result:** Before the intervention 76.9% of respondents experienced moderate pain (NRS score 4-6), while 23.1% experienced mild pain (NRS score 1-3). After the intervention 69.2% of respondents experienced pain in the mild category, and only 30.8% still felt moderate pain. Data analysis shows a significant reduction in pain levels after being given this combination intervention. **Conclusion:** The combination of *neck calliet exercise* and *Neuromuscular taping* is effective in reducing pain in sufferers of *cervical root syndrome* among tailors. This intervention can be an efficient pharmacological alternative treatment for chronic neck pain.

Keywords: *Cervical root syndrome, Neck calliet exercises, Neuromuscular taping.*