

ABSTRACT

PROVIDING EDUCATION ON SUSTAINED NATURAL APOPHYSEAL GLIDES (SNAGS) AND CHIN TUCK TOWARDS PAIN REDUCTION IN PATIENTS WITH MECHANICAL NECK PAIN

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SUMMARY

Background: *Poor ergonomic sitting postures that are carried out for a long time can cause muscle fatigue and lead to neck pain. Mechanical Neck Pain is a type of neck pain that includes minor strains/sprains in muscles and ligaments as well as facet joint dysfunction. The incidence of Mechanical Neck Pain continues to increase with age and the use of laptops and smartphones for more than 9 hours/day. One of the Mulligan mobilization physiotherapy interventions that can be applied to Mechanical Neck Pain is Sustained Natural Apophyseal Glides (SNAGS). The success of this technique is that there is no pain. Apart from that, chin tuck exercises can also be given as a form of forward head exercise which trains the deep neck flexors to reduce pain in the neck.*

Purpose: *to increase knowledge, especially for physiotherapists and students, regarding the application of Sustained Natural Apophyseal Glides (SNAGS) and chin tuck exercises to reduce neck pain. Method:* *KIE media in the form of video. Results:* *video entitled "Providing Education On Sustained Natural Apophyseal Glides (SNAGS) And Chin Tuck Towards Pain Reduction In Patients With Mechanical Neck Pain". Conclusion:* *the video entitled "Providing Education On Sustained Natural Apophyseal Glides (SNAGS) And Chin Tuck Towards Pain Reduction In Patients With Mechanical Neck Pain " was chosen as IEC media aimed at physiotherapy.*

Keywords: *Chin Tuck, Mechanical Neck Pain, Neck pain, Sustained Natural Apophyseal Glides, SNAGS.*