

***THE EFFECT OF COMBINED MYOFASCIAL RELEASE AND SEATED
NECK STRETCH ON REDUCING UPPER TRAPEZIUS MUSCLE PAIN IN
STUDENTS***

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ABSTRACT

Background: Complaints of upper trapezius muscle pain often occur in students with static and non-ergonomic learning positions. The problems caused by upper trapezius muscle pain include changes in body posture, decreased range of motion (ROM), decreased muscle strength, and decreased functional ability. ***Objective:*** To determine the effect of the combination of Myofascial Release and Seated Neck Stretch on the reduction of upper trapezius muscle pain in students. ***Method:*** The type of research used in this thesis is a quasi-experimental one group test design with pre-test and post-test. With a population of 420 subjects and 36 subjects selected through purposive sampling based on inclusion and exclusion criteria. The research instrument used a questionnaire and the Numeric Rating Scale (NRS) measurement. The intervention combining Myofascial Release and Seated Neck Stretch was conducted twice a week for 4 weeks. ***Results:*** Based on the Wilcoxon test results, a significance value of 0.000 ($p < 0.001$) was obtained, indicating that the combination of Myofascial Release and Seated Neck Stretch has an effect on reducing upper trapezius muscle pain. ***Conclusion:*** There is an effect of the combination of Myofascial Release and Seated Neck Stretch on the reduction of upper trapezius muscle pain.

Keywords: Myofascial Release, Seated Neck Stretch, Pain, upper trapezius