

Name: Dian Ayu Pratiwi NIM: E2013013 Study Program: DIV Fisioterapi	Menthor: 1. <u>Rina Sri Widayati, S.Km., M.Kes</u> 2. <u>Eddy Triyono, SSt.Ft.,M.Or</u>
PENGARUH PEMBERIAN PENDULUM EXERCISE TERHADAP NYERI BAHU PADA KARYAWAN PT. TUN HONG BOYOLALI	
ABSTRACT	
<p>Background: Pain is know ledge that is both emotional and subjective form of unpleasant circumstances caused by tissue damage that actually have been broken or potentially damaged. Objective: this study aims to know effect the granting of pendulum exercise against the shoulder pain on employees. Purpose: This research aims to know effect the granting of pendulum exercise against the shoulder pain on employees. Method: The methods used in this research was Quasi Experimental Design pre test – post test one group design. The number of sample as many as 20 employees of a given pendulum exercise. Subject do exercise the position of the respondent's standing, with order by the one hand contains one down and holding on to a Chair or table, the researcher is on the respondent, the hand gestures that hang to the right left, front-rear, circular clockwise and counter-clockwise direction. The overdose during 2 weeks 3 times each week for a day or a day in the intermittent exercise and not a day, each exercise for 30 minutes every 20 times the movement of swing and 3 repetitions. Result: The results obtained on the pendulum application exercise using the Wilcoxon is 0.002 (p 0.05 >) which means there is the influence of the giving of the pendulum exercise. Conclusion: with a view of the results of the data obtained can be concluded that the awarding of the pendulum exercise influence on shoulder pain.</p>	
Keyword: Pendulum exercise, Shoulder pain	