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EFFECT OF KINESIOTAPING ON STRENGTHENING EXERCISE INTERVENTIONS AND CONTRACT RELAX STRETCHING TO DECREASING NECK DISABILITY IN FORWARD HEAD POSTURE

Consisting of Chapter VI, 75 Maps, 7 Tables, 7 Pictures, 4 Scheme, 6 Attachment.

Objective: To find out the difference of addition kinesiotaping on strengthening exercise interventions and contract relax stretching decreasing neck disability in case of forward head posture. **Method :** This study was a type of experimental study. Samples were chose based on purposive sampling technique. Group I treatment with intervention strengthening exercise and contract relax stretching, group II treatment with intervention kinesiotaping on strengthening exercise and contract relax stretching. **Result :** Normality test result with *Shapiro Wilk test* was obtained with normal distributed data while homogeneity with *levene's test* got homogenous data. Hypothesis test result in group I and II with *paired sample test* was obtained $p=0,001$ and hypothesis III with *independent simple t- test* result show that $p= 0,771$ means that there is significant no difference in the decrease of neck disability.

Conclusions : Addition kinesiotaping on strengthening exercise and contract relax stretching interventions did not difference in the reduction of neck disability in case of forward head posture.

Keyword : Kinesiotaping, strengthening exercise, contract relax stretching, neck disability, forward head posture.