

## ABSTRACT



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### KINESIOTAPING ADDITION TO INTERVENTION CONTRACT STRETCHING RELAX IN BETTER CONDITION IMPROVING FUNCTIONAL NECK MUSCLES UPPER TRAPEZIUS MYOFASCIAL SYNDROME

comprised VI 90 pages, 8 tables, 7 images, 4 graphs, 7 attachments

**Objective:** To determine addition Kinesiotaping use with Contract Relax Stretching is better to increase the functional neck on the condition of myofascial syndrome, upper trapezius muscle. **Methods:** This study is experimentally to determine additional use Kinesiotaping, Contract Relax Stretching and contract relax Stretching to improve the functional neck on the condition of myofascial syndrome, upper trapezius muscle. Measurements' use traditional Neck Disability Index. **Results:** The treatment group I n: 9, after the test of paired samples T-test was found before the intervention, the mean  $\pm$  SD  $34.11 \pm 5,085$ , Mean  $\pm$  SD after intervention  $9:44 \pm 1,740$ ,  $p = 0.000$  ( $p < \alpha 0, 05$ ) and the treatment group II n: 9, after the test of paired samples T-test before intervention mean  $\pm$  SD =  $30.00 \pm 4.330$ , after intervention mean  $\pm$  SD  $16.89 \pm 3,621$ ,  $p = 0.000$  ( $p < \alpha 0.05$ ). Different test results of the two groups after the treatment with the independent samples t-test,  $p = 0.000$  ( $p < 0.05$ ). **Conclusion:** In the case of the upper trapezius muscle myofascial syndrome excellent use Kinesiotaping intervention and Relax Stretching Contract. **Keywords:** Kinesiotaping, Contract Relax Stretching, Myofascial Syndrome upper trapezius muscle.