



## ABSTRACT

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### **EFFECTIVENESS POSTURAL CORRECTION EXERCISES TO DISABILITY AND NECK PAIN IN CASE MYOFASCIAL SYNDROME UPPER TRAPEZIUS WOMAN STUDENT OF ESA UNGGUL UNIVERSITY**

*Consisting of Chapter VI, 102 Maps, 11 Tables, 10 pictures, 6 graphs, 4 Scheme, 9 Annex*

**Objective:** *To determine differences in effect of adding postural correction exercises on a combination of interventions microwave diathermy and myofascial release technique to disability and neck pain case myofascial syndrome upper trapezius.*

**Methods:** *This study is a quasi experimental to form two groups of unpaired (unrelated), disability neck measured by Neck Disability Index dan pain measured by Visual Analog Scale. Sample consisted of 28 people that chosen from purposive sampling. Sample divided to two groups each group is 14 people. The control group with microwave diathermy and myofascial release technique, the experimental group with postural correction exercise, microwave diathermy and myofascial release technique. **Results :** Normality test with Shapiro Wilk test normal distribution of data while homogeneity test with independent sample t-test data has a homogeneous variance. The results of hypothesis test in the control group with paired sample t-test  $p$  value = 0,001 for disability neck and  $p = 0.001$  for neck pain which means giving microwave diathermy and myofascial release technique effective in disability and neck pain case myofascial syndrome musculus upper trapezius. In the treatment experimental with paired sample t-test  $p$  value = 0.001 for disability neck and  $p = 0.001$  for neck pain which means giving the postural correction exercise, microwave diathermy and myofascial release technique is effective for disability and neck pain case myofascial syndrome upper trapezius. The result of independent sample t-test show  $p$  value = 0,026 for disability neck and for neck pain  $p$  value = 0,046 which means giving increase postural correction exercises on a combination of interventions microwave diathermy and myofascial release technique effective in disability and neck pain case myofascial syndrome upper trapezius. **Conclusion:** *There differences in effect of adding postural correction exercises on a combination of interventions microwave diathermy and myofascial release technique to disability and neck pain case myofascial syndrome upper trapezius.**

**Keywords:** *Postural Correction Exercises, Microwave Diathermy, Myofascial Release Technique, Myofascial Syndrome Upper Trapezius.*