



ABSTRACT

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DIFFERENCE BETWEEN MYOFASCHIAL RELEASE TECHNIQUE WITH CONTRACT RELAX STRECHING FOR DECREASE NECK DISABILITY SCORE IN MYALGIA.

Background: myalgia is muscle pain because overused, overload and overstretch and injury by activity daily living. This disease causes pain and limitation of joint

Purpose : The purpose of this study was to compare myofaschial release technique and ultrasound with contract relax stretching and ultrasound for decrease neck disability in myalgia. The population is employee in Siloam hospital Kebon Jeruk for 6 times in 2 weeks on May-June 2015. **Method:** this research used quasi experimental research design with pre and post test group design. With matching allocation methode 20 samples were divided into two treatment groups each group contains with 10 samples. First group myofaschial release technique and ultrasound and second grup contract relax stretching and ultrasound compression technique. **Results:** The data was collected by measuring the decrease neck disability score using Neck Pain Disability Index (NDI) at the time before and after treatment. From the observations obtained results mean difference before treatment the first group is $7,90 \pm 3,47$ and after $2,40 \pm 2,41$. Before treatment for the second group $8,40 \pm 3,20$ and after $2,00 \pm 1,49$. Paired Samples t Test results for hypothesis 1 obtained p-value = 0.001 ($p < 0.05$) and hypothesis 2 with Paired Samples t Test the value of $p = 0.001$ ($p < 0.05$). Mean difference between the values before and after the intervention of the first group had a $5,50 \pm 1,65$ and the second group $6,40 \pm 2,06$. Hypothesis 3 results with Independent T Test $p = 0,296$ ($p > 0.05$). **Conclusion:** It can be concluded myofaschial release technique dan ultrasound as good as contract relax stretching dan ultrasound for decrease neck disability score in myalgia.

Keywords: myalgia, myofaschial release technique , ultrasound, contract relax stretching, Neck Pain Disability Index (NDI).