

# DEVELOPMENT OF A MASSAGE THERAPY MODEL AND EXERCISES FOR HEALING SYMPTOMS “FORWARD HEAD POSTURE”

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## ABSTRACT

This research is a development of the massage and exercise model used to cure the symptoms of Forward Head Posture (FHP). This panel has The aim is to (1) determine the effect of assisted Manurak massage therapy healing of neck pain as indicated by a decrease in pain, improvement ROM, and increased function, (2) determine the effect of independent Manurak massage therapy effective in healing neck pain as indicated by reducing pain, increased ROM, and increased function, (3) knowing about Manurak massage therapy helped more effectively than independent Manurak massage in healing neck pain as indicated by decreased pain, increased ROM, and increased function.

This research is a quasi-experimental research using two group experimental design where in this study there were two groups different research samples with two different treatments. This research has a sample of 40 which is divided into two groups so that each The group had 20 samples with complaints of neck pain. Group 1 will be given Manurak massage treatment is helped and group 2 will be given massage treatment Manurak is independent where each group will be given one treatment. The indicator that will be measured during the pretest and posttest is the degree of pain using a Visual Analogue Scale (VAS), ROM using a goniometer, and function using the Neck Disability Index (NDI). Analysis techniques using Paired t-test, Wilcoxon, Independent t-test, and Mann-Whitney. The results of this research are (1) Manurak massage is effective in healing neck pain as indicated by decreased pain, increased ROM, and improvement in function with a significance level of  $p < 0.05$  (Significant). (2) Massage Manurak Mandiri is effective in curing neck pain as indicated by decreased pain, increased ROM, and increased function with degree significance  $p < 0.05$  (Significant). (3) Manurak massage helps to be more effective compared to independent Manurak massage in reducing the degree of pain, increased ROM, and improved neck function in sufferers of neck pain obtained a significance of  $p < 0.05$  (Significant). Based on the results of this research It can be concluded that Manurak massage is helped and Manurak massage is independent effective and significant in healing neck pain, as well as Manurak Massage helped more effectively than independent Manurak massage in healing neck pain.

Kata Kunci: *assisted Manurak massage, independent Manurak massage, neck pain, ROM, Function*