

ABSTRAK

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Pengaruh Kombinasi *Strain Counterstrain* dengan *Contract Relax Stretching* Terhadap *Myofascial Pain Syndrome* Otot *Upper Trapezius*

Pendahuluan: Menjahit dalam posisi duduk dan leher menunduk dalam waktu yang lama berisiko menimbulkan *myofascial pain syndrome*. *Myofascial pain syndrome* merupakan suatu inflamasi pada sistem muskuloskeletal yang dapat menyebabkan spasme otot dan nyeri terlokalisir ditandai adanya nodul yang teraba dan *trigger point*. Intervensi fisioterapi dalam mengurangi nyeri *myofascial pain syndrome* dengan *strain counterstrain* dan *contract relax stretching*. Penelitian ini bertujuan mengetahui Pengaruh Kombinasi *Strain Counterstrain* dan *Contract Relax Stretching* terhadap *Myofascial Pain Syndrome* Otot *Upper Trapezius*

Metode Penelitian: Penelitian ini merupakan jenis penelitian kuantitatif dengan desain penelitian *quasi experimental* dengan pendekatan *one group pretest and posttest design*. Teknik pengambilan sampel menggunakan *total sampling* sebanyak 29 responden dengan kriteria inklusi dan eksklusi. Pengukuran *myofascial pain syndrome* dengan *visual analog scale* (VAS) dengan nilai validitas 0,99 dan reliabilitas $r = 0,94$. Intervensi dilakukan sebanyak 6 kali, frekuensi 3 kali seminggu selama 2 minggu. Penelitian ini dilaksanakan pada tanggal 25 Juli – 3 Agustus 2024. Penelitian ini dilakukan analisis data menggunakan uji normalitas *Shapiro-Wilk* dan dilanjutkan uji nonparametrik *Wilcoxon Sign Ranks Test*.

Hasil Penelitian: Hasil uji pengaruh dengan *wilcoxon sign ranks test* di dapatkan *p value* 0,000 (< 0.05) yang menunjukkan adanya pengaruh yang signifikan kombinasi *strain counterstrain* dan *contract relax stretching* terhadap *Myofascial Pain Syndrome* Otot *Upper Trapezius*.

Diskusi: Terdapat pengaruh yang signifikan antara kombinasi *strain counterstrain* dan *contract relax stretching* terhadap *myofascial pain syndrome* otot *upper trapezius*. Sebelum dimulainya jam kerja diharapkan karyawan melakukan peregangan bersama untuk meminimalisir adanya keluhan-keluhan saat bekerja.

Kata kunci: *Myofascial pain syndrome*, *contract relax stretching*, *strain counterstrain*

Daftar Pustaka: 50 (2015-2024)

ABSTRACT

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The Effect of Combining Strain Counterstrain with Contract Relax Stretching on Myofascial Pain Syndrome of the Upper Trapezius Muscle

Introduction: Prolonged sewing in a sitting position with the head bent forward increases the risk of developing myofascial pain syndrome. Myofascial pain syndrome is an inflammation of the musculoskeletal system that can cause muscle spasms and localized pain, characterized by palpable nodules and trigger points. Physiotherapy interventions to alleviate pain associated with myofascial pain syndrome include strain counterstrain and contract relax stretching techniques. This study aims to determine the effect of combining strain counterstrain and contract relax stretching on myofascial pain syndrome of the upper trapezius muscle.

Research Methods: This study is quantitative research with a quasi-experimental design using a one-group pretest and posttest approach. The sampling technique employed total sampling, resulting in 29 respondents who met the inclusion and exclusion criteria. The severity of myofascial pain syndrome was measured using the Visual Analog Scale (VAS), with a validity score of 0.99 and reliability of $r = 0.94$. The intervention was administered 6 times, with a frequency of 3 sessions per week over 2 weeks. This study was conducted from July 25 to August 3, 2024. Data analysis was performed using the Shapiro-Wilk normality test followed by the Wilcoxon Signed-Rank Test for non-parametric data.

Research Results: The Wilcoxon Signed-Rank Test showed a p-value of 0.000 (< 0.05), indicating a significant effect of the combination of strain counter strain and contract relax stretching on myofascial pain syndrome of the upper trapezius muscle.

Discussion: There is a significant effect of the combination of strain counter strain and contract relax stretching on myofascial pain syndrome of the upper trapezius muscle. It is recommended that employees perform group stretching exercises before starting work to minimize complaints during working hours.

Keywords: myofascial pain syndrome, contract relax stretching, strain counterstrain.
Bibliography: 51 (2015-2024)