ABSTRACT

EDUKASI PENERAPAN *ORTHOSIS* DAN *SELF NEURAL MOBILIZATION* TERHADAP PENINGKATAN FUNGSIONAL *HAND WRIST* PADA PENJAHIT DENGAN RISIKO *CARPAL TUNNEL SYNDROME*

Abelia Febriana, Dita Mirawati

Email abeliafebriana8@gmail.com

Universitas 'Aisyiyah Surakarta

SUMMARY

Background: *Carpal Tunnel Syndrome* (CTS) is a *Neuropathic* disorder caused by compression of the median nerve within the carpal tunnel, commonly occurring in workers performing repetitive activities such as tailors. This condition may result in pain, tingling, numbness, and decreased hand and wrist function. Non-surgical management through physiotherapy, such as the use of orthosis and *Self Neural Mobilization,* can help reduce symptoms and improve function. **Objective:** To develop an educational video on the application of *Orthosis* and *Self Neural Mobilization* to improve hand and wrist function in tailors at risk of CTS. **Methods:** The method included pre-production, production, and post-production stages in developing the educational video, as well as a trial involving three respondents to assess the feasibility of the content and media design. **Results:** The results showed that the educational video is easy to understand, practical to follow, and the demonstrated movements can be performed well by the respondents. The material presented includes the definition of CTS, signs and symptoms, intervention objectives, and demonstrations of nerve and tendon gliding exercises as well as the use of orthosis. **Conclusion:** The developed educational video can be used as a health promotion tool and a practical guide for tailors in preventing and managing the risk of CTS, as well as improving hand and wrist function. **Keywords:** *Carpal Tunnel Syndrome, Orthosis, Self Neural Mobilization*, *Hand* and *Wrist* Function