EDUCATION ON THE APPLICATION OF *SCAPULAR STABILIZATION EXERCISE* TOWARDS REDUCING *SUBACROMIAL IMPINGEMENT SYNDROME PAIN*

Anggi Syaharani Eka Saputri, Asita Rohmah Mutnawasitoh

Anggisaputri31702@gmail.com

Universitas `Aisyiyah Surakarta

SUMMARY

Background : *Subacromial Impingement Syndrome (SSI)* is one of the most common causes of shoulder pain. This phenomenon is characterized by *shoulder* pain and limited range of motion due to compression of the *rotator cuff tendons* in the *subacromial* space. Specifically, impaired scapular control and stability are believed to be key factors contributing to the development of SSI. Abnormal *scapular* movement *(scapular dyskinesis*) alters the prevalence of repetitive *shoulder* pain, and SSI significantly contributes to a decline in quality of life and functional independence. These issues underlie early intervention to improve functional ability. Therefore, *Scapular Stabilization Exercises (SSE)* can be performed as a primary modality in patients with SSI as an effective intervention strategy to reduce pain intensity and improve *shoulder* function in individuals with SSI. **Objective** : Increasing knowledge, especially for individuals, physiotherapists and physiotherapy students, about how to manage exercise for shoulder pain sufferers (SAIS). **Method :** KIE (Communication, Information, and Education) medium in the form of a pocketbook titled “The Effect of *Scapular Stabilization Exercise* on the Reduction of Pain in *Subacromial Impingement Syndrome*.” **Conculsion :** The pocket book, "Education on the Application of *Scapular Stabilization Exercise* to Reduce Pain in *Subacromial Impingement Syndrome*," was chosen as a medium for health education and promotion for the general public, including physiotherapy practitioners and physiotherapy students.

Keyword : *Scapular Stabilization Exercise, Subacromial Impingement Syndrome*

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