# *IMPLEMENTATION OF NECK STABILIZATION EXERCISE AND NECK DYNAMIC EXERCISE TO IMPROVE CERVICAL FUNCTIONAL CAPACITY IN TEXT NECK SYNDROME*

Gamadhan Kholid[1], Dita Mirawati[2]

Email gamadhansmaga@gmail.com

[1.2]Universita*Study Program of Physhioterapy, Faculty of Health Sciences, 'Aisyiyah University of Surakarta*s 'Aisyiyah Surakarta.

## *ABSTRACT*

***Background:*** *Prolonged use of smartphones with a forward head posture triggers Text Neck Syndrome (TNS), which is characterized by neck pain, forward head posture, and decreased functional capacity of the cervical spine. The prevalence of TNS among university students is considerably high both in Indonesia and internationally, thus effective promotive and preventive efforts are required. Physiotherapy plays an important role through educational and exercise-based approaches, including Neck Stabilization Exercise (NSE) and Neck Dynamic Exercise (NDE). These exercises have been proven to enhance deep cervical flexor activation, improve craniovertebral angle, reduce Neck Disability Index scores, and increase cervical range of motion.* ***Purpose:*** *To increase students' knowledge of TNS and provide practical guidance on NSE and NDE as preventive and early management strategies to enhance cervical functional capacity.* ***Method:*** *KIE program was delivered through an educational video with a duration of approximately 9 minutes. The video consisted of segments introducing TNS, explaining cervical anatomy and risk factors, demonstrating NSE and NDE exercises. A pilot test was conducted among university students or general public as active smartphone users to evaluate knowledge improvement and comprehension of the exercises.* ***Results:*** *An educational video entitled "Implementation of Neck Stabilization Exercise and Neck Dynamic Exercise to Improve Cervical Functional Capacity in Text Neck Syndrome".* ***Conclusion:*** *The video entitled "Implementation of Neck Stabilization Exercise and Neck Dynamic Exercise to Improve Cervical Functional Capacity in Text Neck Syndrome" was chosen as IEC media aimed at students and the community.*

***Keywords:*** *Text Neck Syndrome, Neck Stabilization Exercise, Neck Dynamic Exercise, Education, Video.*