EDUKASI TEKNIK *SPANCER* TERHADAP PENURUNAN NYERI PADA KASUS *FROZEN SHOULDER*

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SUMMARY

Background: *One of the challenges in shoulder pain is the musculoskeletal rheumatological condition known as Frozen Shoulder. Adhesive capsulitis, commonly referred to as Frozen Shoulder, is a common musculoskeletal disorder characterized by progressive shoulder pain and limited range of motion. Non-pharmacological physiotherapy in the form of physical exercises, such as Pendulum Exercise, Finger Walk Exercise, and Spencer Technique, can be administered.* ***Objective:*** *To provide education through video media on the Spencer Technique for reducing pain in Frozen Shoulder cases, and to introduce this intervention as a communication tool for health education information (KIE) for healthcare professionals.* ***Methods: :*** *KIE media in the form of educational videos were made based on literature reviews and scientific journals. The video demonstrates 7 movements of the Spencer Technique and was tested on 2 physiotherapy respondents at Ibest Physio Solo Baru and 1 physiotherapy respondents at RSUD dr.Soehadi Prijonegoro Sragen.* ***Conclusion:*** *The Spencer Technique video is easy to understand and rated as beneficial in enhancing knowledge and serving as a guide for physiotherapy intervention management. This video is effective as KIE media for health promotion and physiotherapy education.*

Keywords: *Frozen Shoulder, Spencer Technique, Pain, Physiotherapy, Educational Video*