THE EFFECT OF MC KENZIE EXERCISE AND NECK STABILIZATION EXERCISE ON PAIN REDUCTION IN TAILORS WITH NON-SPECIFIC NECK PAIN (NSNP)

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ABSTRACT

***Background**: Non-Specific Neck Pain (NSNP) is a musculoskeletal disorder that frequently occurs in workers with static and non-ergonomic working positions, one of which is tailors. A prolonged forward-bent sitting position can cause neck muscle tension, resulting in pain. Mc Kenzie Exercise and Neck Stabilization Exercise are physiotherapy interventions aimed at reducing neck pain through postural correction, improved mobility, and cervical muscle stabilization.* **Objective**: to determine the effect of Mc Kenzie Exercise and Neck Stabilization Exercise on pain reduction in tailors with Non-Specific Neck Pain (NSNP).* **Method**: This study used a quantitative method with a Quasi-experimental one group Pre-test and Post-test design. The study subjects consisted of 26 respondents selected using a purposive sampling technique. Pain measurement was carried out using the Numeric Rating Scale (NRS). The intervention was administered for 4 weeks with a frequency of 2 times per week.* **Results**: Prior to the intervention, the majority of respondents experienced moderate pain, totaling 18 respondents (69.2%), whereas after the intervention, the majority experienced mild pain, totaling 20 respondents (76.9%). The Wilcoxon test results showed a value of p=0,001 (p<0,05).* **Conclusion**: The combination of Mc Kenzie Exercise and Neck Stabilization Exercise is effective in reducing pain in tailors with Non-Specific Neck Pain (NSNP).*

***Keywords:** Mc Kenzie Exercise, Neck Stabilization Exercise, Non-Specific Neck Pain*