

**ACADEMIC PHYSIOTHERAPY CONFERENCE
2022**

**PANDUAN
PENDAFTARAN DAN
SUBMIT ARTIKEL
CALL FOR PAPER**

Panduan ini dibuat sebagai petunjuk bagi peserta Academic Physiotherapy Conference dan *Call for Paper* yang akan mendaftarkan diri sebagai peserta agar proses pendaftaran menjadi mudah dan berjalan dengan lancar.

Tahap Persiapan

1. Pastikan komputer/laptop yang akan dipakai untuk mendaftar telah terkoneksi internet dengan cukup baik dan terdapat aplikasi web browser yang bisa digunakan (misalnya: Mozilla Firefox, Safari, Chrome, dan sebagainya).
2. Jika ingin mendaftar sebagai peserta Call For Paper pastikan pula bahwa file-file yang akan diunggah sesuai dengan ketentuan file seperti pada teknis kegiatan yang terdapat pada website <https://apc.ums.ac.id/2022/>
3. Buka website pendaftaran Call for Paper APC dengan alamat website:
<https://apc.ums.ac.id/2022/call-for-papers/>

Tahap Pendaftaran

1. Setelah membuka alamat <https://apc.ums.ac.id/submit/> akan muncul halaman awal sebagai berikut:



APC 2022

Academic Physiotherapy Conference 2022
"An Interdisciplinary Approaches to Evaluation, Reconstruction and Rehabilitation of Knee Meniscus Injury"
13-14 August 2021

[Register New](#) · [Login](#)

ConfTool Conference Administration

Please log in to be able to **submit a contribution**, enter or view reviews or to register for conference participation.

If you have not yet created a user account, please do so now.

Account Login

First time here?

[Register new](#)


Registered users

E-mail or user name:

Password: · [Forgotten your password?](#)

Klik **Register New** dan akan muncul halaman berikutnya.

2. Kemudian mengisi data berikut sesuai data pribadi anda.
Contoh pengisian:



APC 2022

Academic Physiotherapy Conference 2022
"An Interdisciplinary Approaches to Evaluation, Reconstruction and Rehabilitation of Knee Meniscus Injury"
13-14 August 2021

Login

Register New

On this page you can create a new user account for the ConfTool conference management system. All fields marked with an asterisk (*) must be filled in.

Personal Information

* Organization / Company	<input type="text"/>
* Title	<input type="radio"/> Ms. <input type="radio"/> Mr.
Full Academic Title / Professional Position	<input type="text"/>
* First & Middle Name	<input type="text"/>
* Last Name / Family Name	<input type="text"/>

* Address Line 1	<input type="text"/>
(* Postcode / ZIP Code)	<input type="text"/>
* City	<input type="text"/>
State / Territory / Province	Please Select (only U.S. / Can / Aus) <input type="text"/>
* Country	Indonesia <input type="text"/>

* Phone	<input type="text"/>
* E-Mail	<input type="text"/>

Account Information

* User Name	<input type="text"/>	Your user name must be at least two (2) characters long. It is case sensitive.
* Password	<input type="password"/>	Passwords must have at least five (5) characters. They must include at least one letter (a-z) and one number (0-9). Passwords are case sensitive.
* Confirm Password	<input type="password"/>	Please repeat your password for verification.

Contact and Legal Notice - Contact Address: fisioterapi@ums.ac.id
 Conference: APC 2022

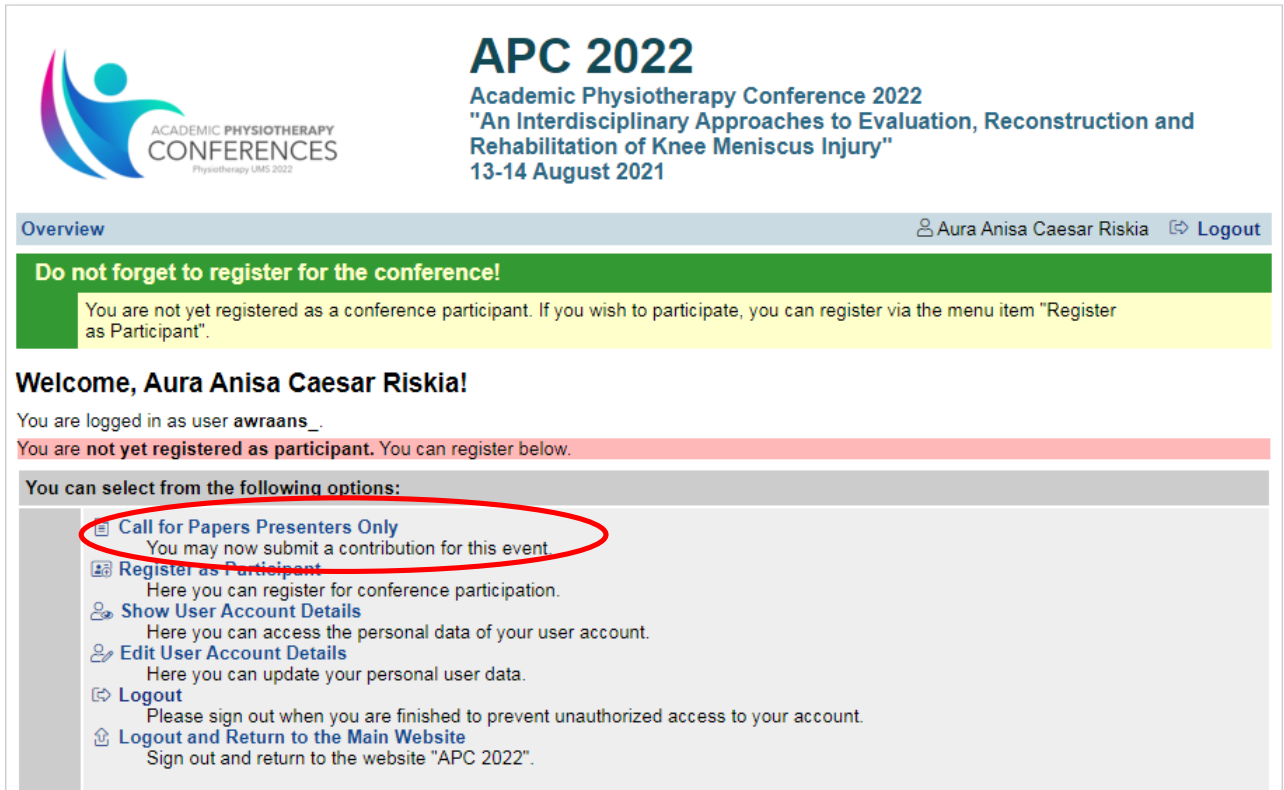
Klik **Submit User Data** setelah semua data terisi dengan benar

Keterangan:

- **User Name:** diisi nama yang akan digunakan untuk log in berikutnya.
- **Password:** diisi minimal 5 karakter terdiri dari kombinasi huruf dan angka.
- **Confirm Password:** ketikkan ulang sandi yang ditulis pada kotak password

Setelah terisi semua sesuai data pribadi anda, klik **Submit User Data**.
User name dan **password** harus diingat untuk memudahkan *login* selanjutnya

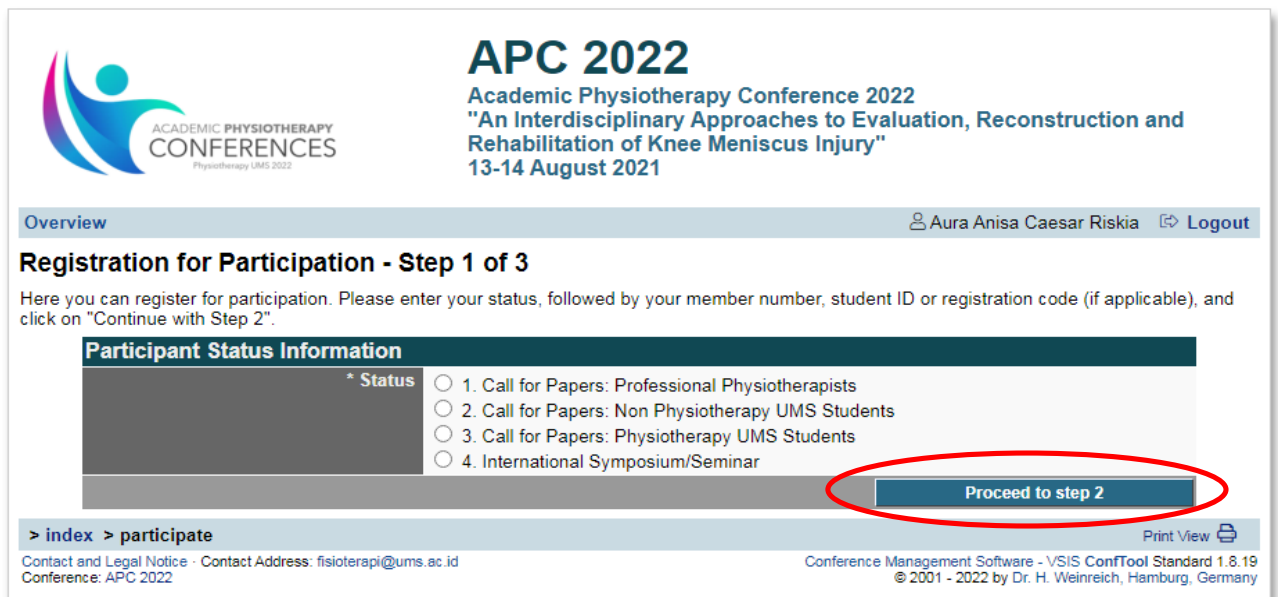
3. Akun user anda telah aktif



The screenshot shows the user dashboard for the Academic Physiotherapy Conference 2022. At the top left is the conference logo. The main header reads "APC 2022 Academic Physiotherapy Conference 2022 'An Interdisciplinary Approaches to Evaluation, Reconstruction and Rehabilitation of Knee Meniscus Injury' 13-14 August 2021". Below this is a navigation bar with "Overview" and a user profile "Aura Anisa Caesar Riskia" with a "Logout" link. A green banner states "Do not forget to register for the conference!". A yellow box below it says "You are not yet registered as a conference participant. If you wish to participate, you can register via the menu item 'Register as Participant'". A red banner says "Welcome, Aura Anisa Caesar Riskia! You are logged in as user awraans_." Below that, a red banner says "You are not yet registered as participant. You can register below." A grey box titled "You can select from the following options:" contains a list of menu items: "Call for Papers Presenters Only" (circled in red), "Register as Participant", "Show User Account Details", "Edit User Account Details", "Logout", and "Logout and Return to the Main Website".

Kemudian klik **Register as Participant** maka akan muncul halaman selanjutnya

4. Untuk peserta *call for paper* klik **Call for Paper** sesuai pilihan **Professional Physiotherapists**, **Non Physiotherapy UMS student** atau **Physiotherapy UMS student** kemudian klik **Proceed to Step 2**



The screenshot shows the registration interface for the Academic Physiotherapy Conference 2022 (APC 2022). The page title is "APC 2022 Academic Physiotherapy Conference 2022 'An Interdisciplinary Approaches to Evaluation, Reconstruction and Rehabilitation of Knee Meniscus Injury' 13-14 August 2021". The user is logged in as "Aura Anisa Caesar Riskia". The current step is "Registration for Participation - Step 1 of 3". The instructions state: "Here you can register for participation. Please enter your status, followed by your member number, student ID or registration code (if applicable), and click on 'Continue with Step 2'". The "Participant Status Information" section contains four radio button options: "1. Call for Papers: Professional Physiotherapists", "2. Call for Papers: Non Physiotherapy UMS Students", "3. Call for Papers: Physiotherapy UMS Students", and "4. International Symposium/Seminar". A red circle highlights the "Proceed to step 2" button at the bottom right of the form. The footer includes navigation links, contact information, and software details.

APC 2022
Academic Physiotherapy Conference 2022
"An Interdisciplinary Approaches to Evaluation, Reconstruction and Rehabilitation of Knee Meniscus Injury"
13-14 August 2021

Overview Aura Anisa Caesar Riskia Logout

Registration for Participation - Step 1 of 3

Here you can register for participation. Please enter your status, followed by your member number, student ID or registration code (if applicable), and click on "Continue with Step 2".

Participant Status Information

* Status

- 1. Call for Papers: Professional Physiotherapists
- 2. Call for Papers: Non Physiotherapy UMS Students
- 3. Call for Papers: Physiotherapy UMS Students
- 4. International Symposium/Seminar

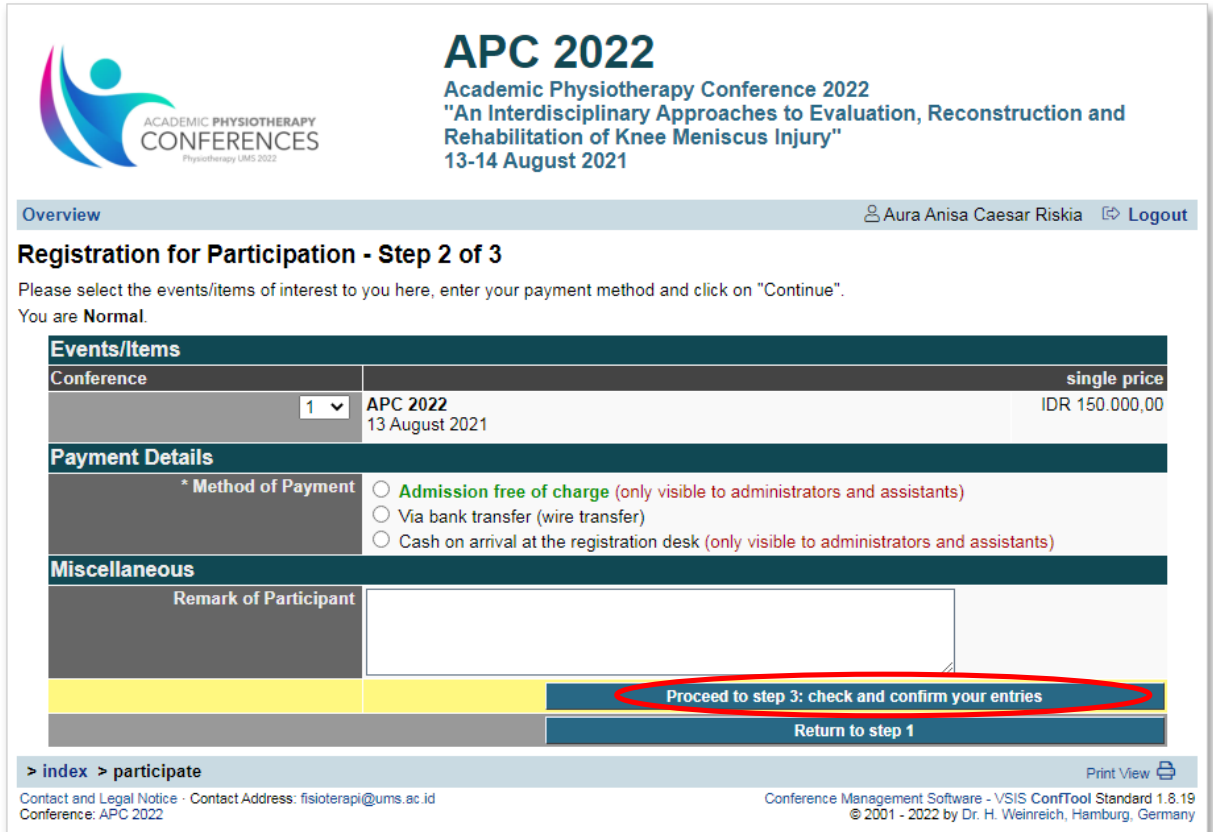
Proceed to step 2

> index > participate Print View

Contact and Legal Notice · Contact Address: fisioterapi@ums.ac.id
Conference: APC 2022

Conference Management Software - VSIS ConfTool Standard 1.8.19
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5. Maka akan muncul halaman selanjutnya sebagai berikut:



APC 2022
Academic Physiotherapy Conference 2022
"An Interdisciplinary Approaches to Evaluation, Reconstruction and Rehabilitation of Knee Meniscus Injury"
13-14 August 2021

Overview Aura Anisa Caesar Riskia [Logout](#)

Registration for Participation - Step 2 of 3

Please select the events/items of interest to you here, enter your payment method and click on "Continue".
You are **Normal**.

Events/Items		single price
Conference	1 APC 2022 13 August 2021	IDR 150.000,00

Payment Details

* Method of Payment

- Admission free of charge (only visible to administrators and assistants)
- Via bank transfer (wire transfer)
- Cash on arrival at the registration desk (only visible to administrators and assistants)

Miscellaneous

Remark of Participant


[Proceed to step 3: check and confirm your entries](#)
[Return to step 1](#)

[> index](#) [> participate](#) [Print View](#)

Contact and Legal Notice - Contact Address: fisioterapi@ums.ac.id
Conference: APC 2022 Conference Management Software - VSIS ConfTool Standard 1.8.19
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Akan muncul jumlah harga yang harus di transfer, pilih **Payment Detail** dengan klik **via Transfer Bank**, kemudian isi **Keterangan peserta**.
Kemudian klik **Proceed to Step 3: Check and Confirm Your Entries**.

6. Maka akan muncul halaman sebagai berikut :



APC 2022

Academic Physiotherapy Conference 2022
"An Interdisciplinary Approaches to Evaluation, Reconstruction and Rehabilitation of Knee Meniscus Injury"
13-14 August 2021

Overview
Aura Anisa Caesar Riskia [Logout](#)

Registration for Participation - Step 3 of 3

Please confirm your entries by clicking on "Register Now".
This will complete your registration for participation.

Name and Organization of User

Riskia, Aura Anisa Caesar
Universitas Muhammadiyah Surakarta

1002

User Status / Role and Registration Data

User Status / Role

- ConfTool Administrator (Admin)

Participant Status

Registration Date: 10th Jul 2022, 10:27:19am (Normal)
Status: 3. Call for Papers: Physiotherapy UMS Students

Qty.	Description	Unit Price	Fee
1	Conference APC 2022 Event Date: 13 August 2021	IDR 150.000,00	IDR 150.000,00
Total Amount			IDR 150.000,00

Payment Details:

Method of Payment: Via bank transfer (wire transfer)
The organizers have not yet printed this invoice.
No payment has been recorded yet.

Actions

[Edit Registration](#) · [Cancel Registration](#) · [Login as](#) | [Invoice](#) · [Receipt](#)

Return to step 1

Register Now

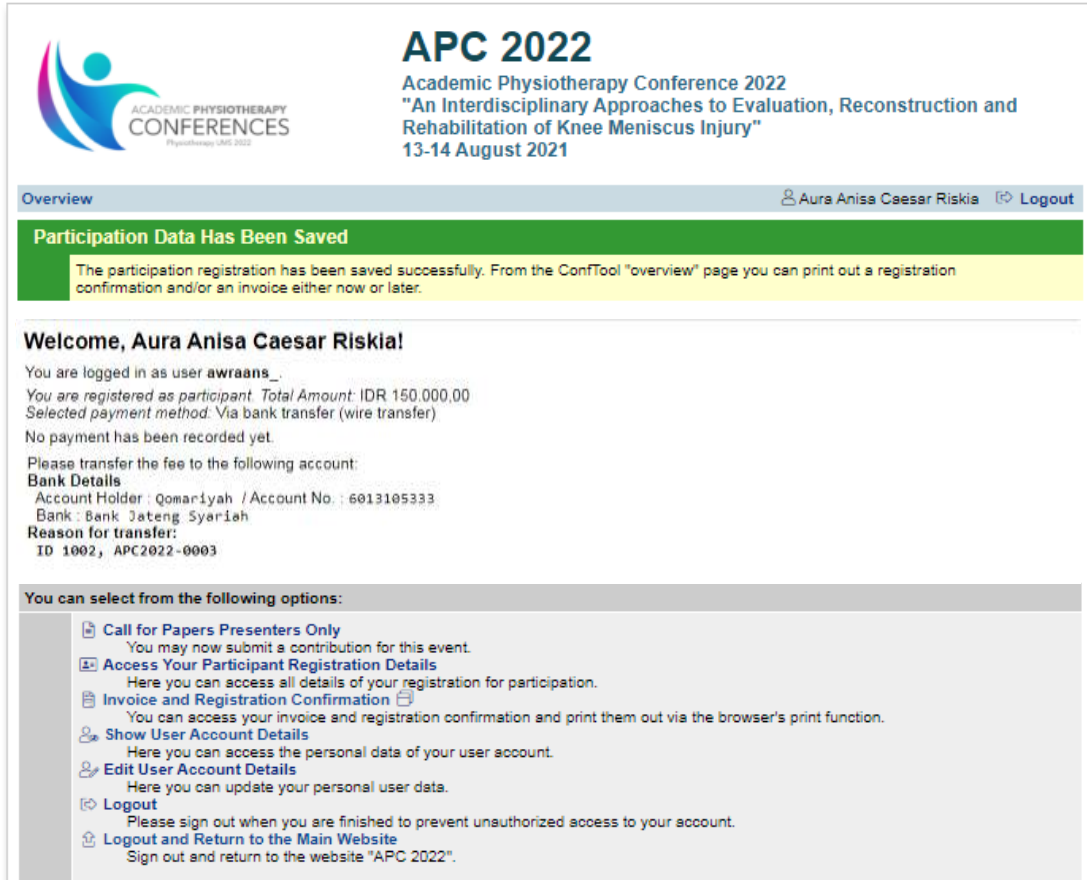
Return to step 2

[> index](#) > [participate](#)
[Print View](#)

Contact and Legal Notice · Contact Address: fisioterapi@ums.ac.id
Conference: APC 2022
Conference Management Software - VSIS ConfTool Standard 1.8.19
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Periksa semua data, setelah benar klik **Register Now**

8. Maka akan muncul halaman selanjutnya sebagai berikut:

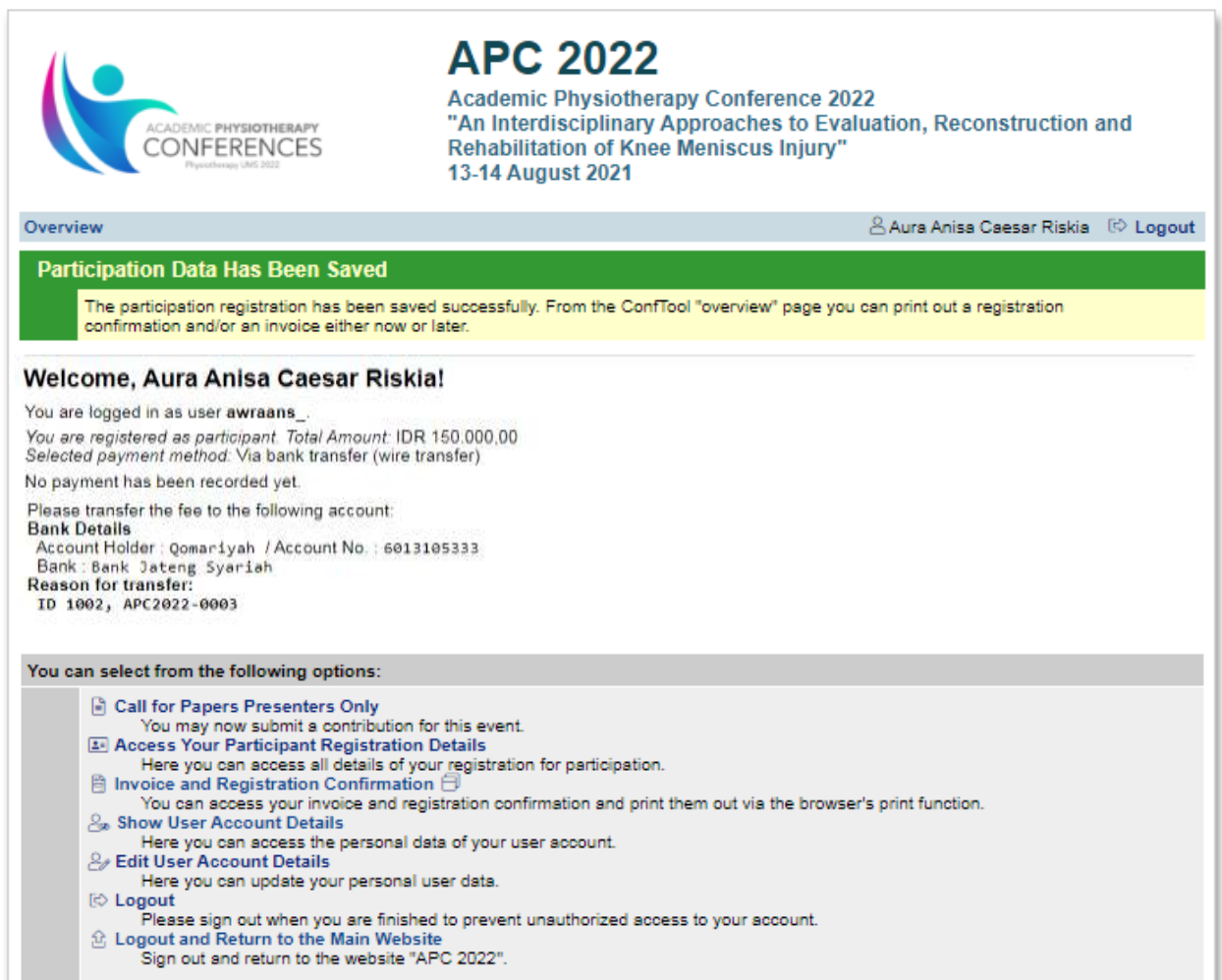


The screenshot shows a web interface for the APC 2022 registration. At the top left is the logo for Academic Physiotherapy Conferences. The main heading is "APC 2022" followed by the conference title: "Academic Physiotherapy Conference 2022 'An Interdisciplinary Approaches to Evaluation, Reconstruction and Rehabilitation of Knee Meniscus Injury'" and the dates "13-14 August 2021". Below this is a navigation bar with "Overview" and a user profile for "Aura Anisa Caesar Riskia" with a "Logout" link. A green banner states "Participation Data Has Been Saved". A yellow box contains a message: "The participation registration has been saved successfully. From the ConfTool 'overview' page you can print out a registration confirmation and/or an invoice either now or later." The main content area starts with a welcome message to "Aura Anisa Caesar Riskia!". It informs the user they are logged in as "awraans_", registered as a participant for a total amount of IDR 150,000.00, and that the payment method is bank transfer. It notes that no payment has been recorded yet and provides instructions to transfer the fee to a specific bank account. The "Bank Details" section lists the account holder as Qomariyah, account number 6013105333, and the bank as Bank Jateng Syariah. The reason for transfer is ID 1002, APC2022-0003. A section titled "You can select from the following options:" lists several actions: "Call for Papers Presenters Only", "Access Your Participant Registration Details", "Invoice and Registration Confirmation", "Show User Account Details", "Edit User Account Details", "Logout", and "Logout and Return to the Main Website".

Selanjutnya lakukan pembayaran melalui transfer bank **Bank Jateng Syariah a.n Qomariyah (6013105333)** dan selesaikan tahap **Pembayaran**. Maka tahap selanjutnya peserta dimohon untuk melakukan konfirmasi pembayaran melalui google form berikut ini <https://forms.gle/WJvv6FeJsfpFK9bo7>. Apabila panitia sudah mengonfirmasi pembayaran tersebut maka peserta akan mendapatkan konfirmasi melalui email masing-masing.

Tahap Submit Abstract

1. Untuk mengirimkan paper silahkan pilih **Call for Papers Presenter Only**



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"An Interdisciplinary Approaches to Evaluation, Reconstruction and Rehabilitation of Knee Meniscus Injury"
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Overview Aura Anisa Caesar Riskia Logout

Participation Data Has Been Saved

The participation registration has been saved successfully. From the ConfTool "overview" page you can print out a registration confirmation and/or an invoice either now or later.

Welcome, Aura Anisa Caesar Riskia!

You are logged in as user **awraans_**.
You are registered as participant. Total Amount: IDR 150.000,00
Selected payment method: Via bank transfer (wire transfer)
No payment has been recorded yet.


Please transfer the fee to the following account:
Bank Details
Account Holder : Qomariyah / Account No. : 6013105333
Bank : Bank Jateng Syariah

Reason for transfer:
ID 1002, APC2022-0003

You can select from the following options:

- Call for Papers Presenters Only**
You may now submit a contribution for this event.
- Access Your Participant Registration Details**
Here you can access all details of your registration for participation.
- Invoice and Registration Confirmation**
You can access your invoice and registration confirmation and print them out via the browser's print function.
- Show User Account Details**
Here you can access the personal data of your user account.
- Edit User Account Details**
Here you can update your personal user data.
- Logout**
Please sign out when you are finished to prevent unauthorized access to your account.
- Logout and Return to the Main Website**
Sign out and return to the website "APC 2022".

2. Selanjutnya akan muncul halaman sebagai berikut dan isi kolom sesuai dengan *paper* yang akan dikirim. Pastikan juga untuk mengganti bagian *Conference Track/Submission Type* menjadi *Abstract*. Contoh:



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"An Interdisciplinary Approaches to Evaluation, Reconstruction and Rehabilitation of Knee Meniscus Injury"
13-14 August 2021

Overview Aura Anisa Caesar Riskia [Logout](#)

Submission of a Contribution - Step 1

Please complete the form below in order to submit your contribution. All fields marked with an asterisk (*) must be filled in. The next steps will allow you to preview your submission, upload files to the server (if required), and to save your submission.

Information on This Contribution

Submitted by: Riskia, Aura Anisa Caesar
Universitas Muhammadiyah Surakarta, ID

Conference Track / Submission Type:

Information on Author(s)

* Author(s): Aura Anisa Caesar Riskia, Taufik Megy Dhamawan, Taufik Eko Susilo

Please list all authors separated by commas.
Example: Firstname Surname, John Doe

E-Mail Addresses of All Co-authors: jj120180028@student.ums.ac.id, tes325@ums.ac.id

Please enter further e-mail addresses (separated by commas) if you want to receive additional notifications regarding your contribution.

Contribution Details

* Title of Contribution: The Effect of Video-Based Telerehabilitation Exercise on Smartphone Addiction and Neck Pain i

* Abstract: In the era of the Covid-19 pandemic, the government implemented a policy for learning using online methods. This online method has an impact on increasing the intensity of smartphone use. The high use of smartphones can cause addiction to smartphones and also increase the risk of neck pain due to improper posture. The purpose of the study was to determine the effect of giving exercise in the form of video on the number of addiction to smartphones and the intensity of neck pain. This type of research used an experimental study with a single group pre-post test design approach with a research sample of 8 people. Participants in this study were given a video exercise-based telerehabilitation intervention which was carried out 3 times a week for 3 weeks with stretching exercises in the neck, shoulder and wrist areas. The results of the data analysis test with parametric

* Keywords: Telerehabiliton, Exercise, Smartphone Addiction, Neck Pain, COVID-19

Please enter up to five keywords for your contribution here, separated by commas.

Remark/Message from the Authors to the Program Committee and Chairs

Proceed ==>

Periksa semua data, setelah benar klik **Proceed**

3. Maka akan muncul halaman sebagai berikut:



The screenshot shows the submission interface for the Academic Physiotherapy Conference 2022. The page title is "APC 2022 Academic Physiotherapy Conference 2022 'An Interdisciplinary Approaches to Evaluation, Reconstruction and Rehabilitation of Knee Meniscus Injury' 13-14 August 2021". The user is logged in as "Aura Anisa Caesar Riskia". The current step is "Submission of a Contribution - Step 2". The contribution title is "The Effect of Video-Based Telerehabilitation Exercise on Smartphone Addiction and Neck Pain in Students in the Covid-19 Pandemic Era". The author is "Aura Anisa Caesar Riskia, Taufik Megy Dharmawan, Taufik Eko Susilo". The keywords are "Telerehabiliton, Exercise, Smartphone Addiction, Neck Pain, COVID-19". The abstract text is visible. At the bottom, there are two buttons: "Return to Step 1" and "Complete Submission", with the latter being circled in red. The footer includes contact information and copyright details.

APC 2022
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13-14 August 2021

Overview Aura Anisa Caesar Riskia Logout

Submission of a Contribution - Step 2

Please check your entries before submitting your contribution.

Contribution Details

The Effect of Video-Based Telerehabilitation Exercise on Smartphone Addiction and Neck Pain in Students in the Covid-19 Pandemic Era

Abstract
Aura Anisa Caesar Riskia, Taufik Megy Dharmawan, Taufik Eko Susilo
Submitted by: Aura Anisa Caesar Riskia
Keywords: Telerehabiliton, Exercise, Smartphone Addiction, Neck Pain, COVID-19

Abstract

In the era of the Covid-19 pandemic, the government implemented a policy for learning using online methods. This online method has an impact on increasing the intensity of smartphone use. The high use of smartphones can cause addiction to smartphones and also increase the risk of neck pain due to improper posture. The purpose of the study was to determine the effect of giving exercise in the form of videos on the number of additions to smartphones and the intensity of neck pain. This type of research uses an experimental study with a single group pre-post test design approach with a research sample of 6 people. Participants in this study were given a video exercise-based telerehabilitation intervention which was carried out 3 times a week for 3 weeks with stretching exercises in the neck, shoulder and wrist areas. The results of the data analysis test with parametric paired sample t test, obtained $p = 0.287$ ($p > 0.05$) for neck pain and the value of smartphone addiction $p = 0.666$ ($p > 0.05$). Measuring neck pain using the Neck Disability Index (NDI) and the level of addiction to smartphones with the Smartphone Addiction Scale (SAS). There is no significant effect of giving video-based exercise on the level of smartphone addiction and the intensity of neck pain.

[Return to Step 1](#) [Complete Submission](#)

[Print View](#)

> index > newPaper

Contact and Legal Notice - Contact Address: fisioterapi@ums.ac.id
Conference: APC 2022

Conference Management Software - VSIS ConfTool Standard 1.8.19
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Periksa kembali data-data, apabila sudah sesuai klik **Complete Submission**.

4. Maka akan muncul tampilan seperti dibawah ini.



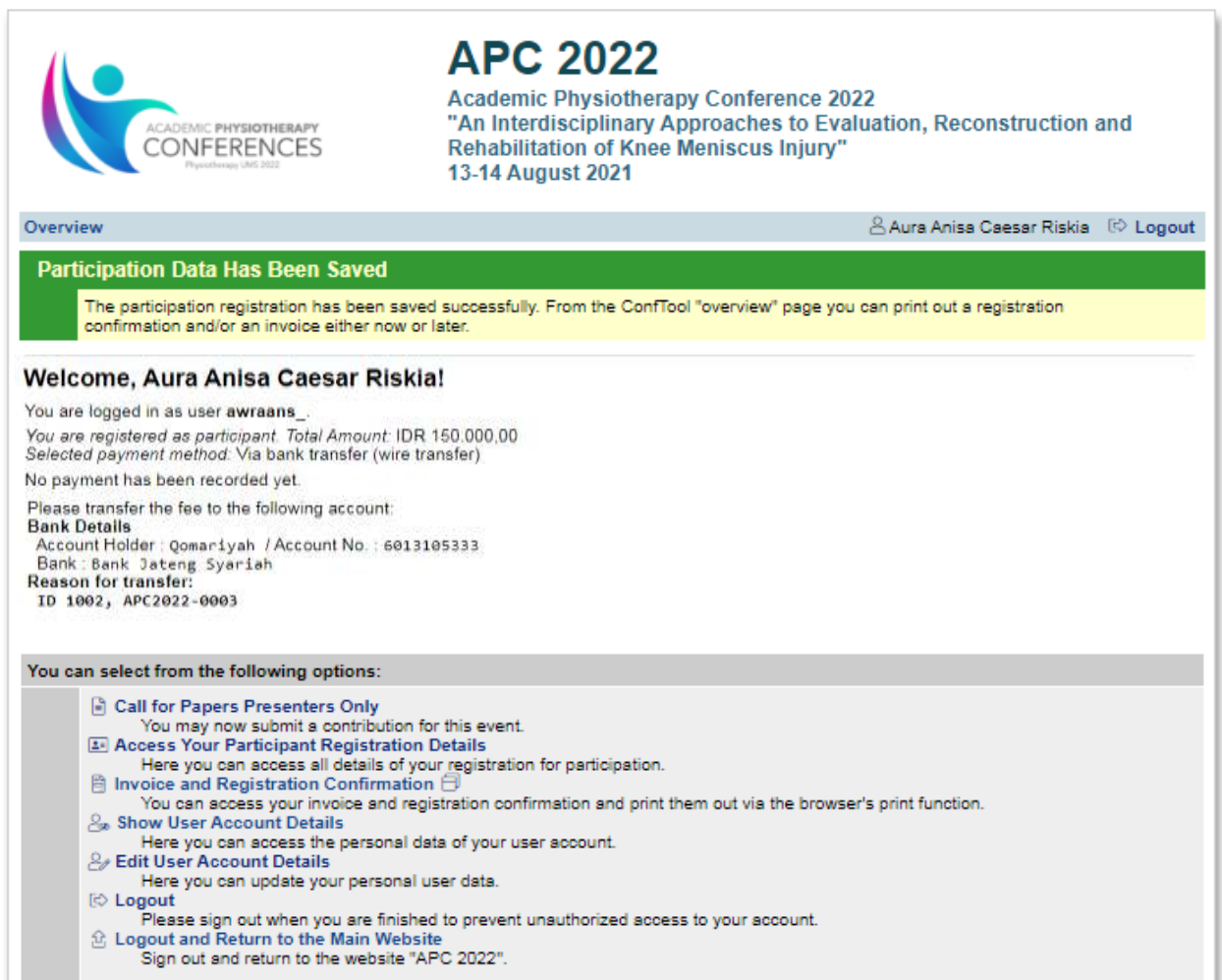
The screenshot shows a web interface for the APC 2022 submission system. At the top, it displays the APC 2022 logo and title: "Academic Physiotherapy Conference 2022 'An Interdisciplinary Approaches to Evaluation, Reconstruction and Rehabilitation of Knee Meniscus Injury'" with dates "13-14 August 2021". The user is logged in as "Aura Anisa Caesar Riskia". A green banner announces "New submission created" with a message: "You have successfully submitted your contribution. Please note that you have the opportunity of revising it until the submission deadline. We wish you success for the conference!". Below this, a "Welcome" message for "Aura Anisa Caesar Riskia!" is shown, along with registration details: "You are registered as participant Total Amount: IDR 150,000,00 Selected payment method: Via bank transfer (wire transfer)". It provides bank details for "Bank Jateng Syariah" and a reason for transfer: "ID 1002, APC2022-0003". A list of options is provided, including "Call for Papers Presenters Only", "Access Your Participant Registration Details", "Invoice and Registration Confirmation", "Show User Account Details", "Edit User Account Details", "Logout", and "Logout and Return to the Main Website". A section titled "You have submitted one or more contributions, which you see listed here:" shows a submission with ID "100", title "The Effect of Video-Based Telerehabilitation Exercise on Smartphone Addiction and Neck Pain in Students in the Covid-19 Pandemic Era (Abstract)", and author(s) "Aura Anisa Caesar Riskia, Taufik Megy Dharmawan, Taufik Eko Susilo". The submission date is "10th Jul 2022, 11:09:39am". At the bottom, there are links for "Show Abstract", "Edit Contribution Details", and "Withdraw Submission". The footer contains contact information for the Physiotherapy Department UMS and the conference management software details.

5. Setelah semua proses selesai tunggu paper diterima reviewer dan memberikan keputusan reviewer apakah **paper diterima, paper diterima dengan revisi atau paper ditolak**

6. Pemberitahuan *letter of acceptance* akan dikirimkan oleh panitia ke *e-mail* masing-masing peserta

Tahap Submit Full Paper

1. Untuk mengirimkan paper silahkan pilih **Call for Papers Presenter Only**



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13-14 August 2021

Overview Aura Anisa Caesar Riskia Logout

Participation Data Has Been Saved

The participation registration has been saved successfully. From the ConfTool "overview" page you can print out a registration confirmation and/or an invoice either now or later.

Welcome, Aura Anisa Caesar Riskia!


You are logged in as user **awraans_**.
You are registered as participant. Total Amount: IDR 150.000,00
Selected payment method: Via bank transfer (wire transfer)
No payment has been recorded yet.

Please transfer the fee to the following account:
Bank Details
Account Holder : Qomariyah / Account No. : 6013105333
Bank : Bank Jateng Syariah
Reason for transfer:
ID 1002, APC2022-0003

You can select from the following options:

- Call for Papers Presenters Only**
You may now submit a contribution for this event.
- Access Your Participant Registration Details**
Here you can access all details of your registration for participation.
- Invoice and Registration Confirmation**
You can access your invoice and registration confirmation and print them out via the browser's print function.
- Show User Account Details**
Here you can access the personal data of your user account.
- Edit User Account Details**
Here you can update your personal user data.
- Logout**
Please sign out when you are finished to prevent unauthorized access to your account.
- Logout and Return to the Main Website**
Sign out and return to the website "APC 2022".

2. Selanjutnya akan muncul halaman sebagai berikut dan isi kolom sesuai dengan *paper* yang akan dikirim. Pastikan juga untuk mengganti bagian *Conference Track/Submission Type* menjadi *Full Paper*. Contoh:



APC 2022

Academic Physiotherapy Conference 2022
"An Interdisciplinary Approaches to Evaluation, Reconstruction and Rehabilitation of Knee Meniscus Injury"
13-14 August 2021

⦿ Aura Anisa Caesar Riskia 🔒 Logout

Submission of a Contribution - Step 1

Please complete the form below in order to submit your contribution. All fields marked with an asterisk (*) must be filled in. The next steps will allow you to preview your submission, upload files to the server (if required), and to save your submission.

Information on This Contribution

Submitted by	Riskia, Aura Anisa Caesar Universitas Muhammadiyah Surakarta, ID
Conference Track / Submission Type	Full Paper

Information on Author(s)

* Author(s)	Aura Anisa Caesar Riskia, Taufik Megy Dharmawan, Taufik Eko Susilo
E-Mail Addresses of All Co-authors	j120180028@student.ums.ac.id,tes325@ums.ac.id

Contribution Details

* Title of Contribution	The Effect of Video-Based Telerehabilitation Exercise on Smartphone Addiction and Neck Pain
* Abstract	In the era of the Covid-19 pandemic, the government implemented a policy for learning using online methods. This online method has an impact on increasing the intensity of smartphone use. The high use of smartphones can cause addiction to smartphones and also increase the risk of neck pain due to improper posture. The purpose of the study was to determine the effect of giving exercise in the form of video on the number of addiction to smartphones and the intensity of neck pain. This type of research used an experimental study with a single group pre-post test design approach with a research sample of 6 people. Participants in this study were given a video exercise-based telerehabilitation intervention which was carried out 3 times a week for 3 weeks with stretching exercises in the neck, shoulder and wrist areas. The results of the data analysis test with parametric
* Keywords	Telerehabiliton, Exercise, Smartphone Addiction, Neck Pain, COVID-19

Remark/Message from the Authors to the Program Committee and Chairs

Proceed ==>

> index > newPaper
Contact and Legal Notice · Contact Address: fslotterpl@ums.ac.id
Conference: APC 2022
Conference Management Software - VBI8 Conffool Standard 1.8.19
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Periksa kembali data-data, apabila sudah sesuai klik **Proceed**.

3. Maka akan muncul halaman sebagai berikut:



APC 2022
Academic Physiotherapy Conference 2022
"An Interdisciplinary Approaches to Evaluation, Reconstruction and Rehabilitation of Knee Meniscus Injury"
13-14 August 2021

Overview Aura Anisa Caesar Riskia Logout

Submission of a Contribution - Step 2

You now have the option of uploading a file containing your contribution to the server. If you wish to submit a document at a later time, please click on "Save Submission, Upload File(s) Later". Please note that your file must successfully be uploaded to the server prior to the submission deadline!

Contribution Details

The Effect of Video-Based Telerehabilitation Exercise on Smartphone Addiction and Neck Pain in Students in the Covid-19 Pandemic Era

Full Paper
Submitted by: Aura Anisa Caesar Riskia
Keywords: Telerehabiliton, Exercise, Smartphone Addiction, Neck Pain, COVID-19

Abstract

In the era of the Covid-19 pandemic, the government implemented a policy for learning using online methods. This online method has an impact on increasing the intensity of smartphone use. The high use of smartphones can cause addiction to smartphones and also increase the risk of neck pain due to improper posture. The purpose of the study was to determine the effect of giving exercise in the form of video on the number of addition to smartphones and the intensity of neck pain. This type of research used an experimental study with a single group pre-post test design approach with a research sample of 6 people. Participants in this study were given a video exercise-based telerehabilitation intervention which was carried out 3 times a week for 3 weeks with stretching exercises in the neck, shoulder and wrist areas. The results of the data analysis test with parametric paired sample t test, obtained $p = 0.267$ ($p > 0.05$) for neck pain and the value of smartphone addiction $p = 0.666$ ($p > 0.05$). Measuring neck pain using the Neck Disability Index (NDI) and the level of addiction to smartphones with the Smartphone Addiction Scale (SAS). There is no significant effect of giving video-based exercise on the level of smartphone addiction and the intensity of neck pain.

Upload File(s) Later

[Return to Step 1](#) [Save Submission, Upload File\(s\) Later](#)

If you wish to upload your file now, please use the form below. You can update your contribution until the submission deadline.

Information on This Contribution

Conference Track / Submission Type	Full Paper
Title of Contribution	The Effect of Video-Based Telerehabilitation Exercise on Smartphone Addiction and Neck Pain in Students in the Covid-19 Pandemic Era
Author(s)	Aura Anisa Caesar Riskia, Taufik Megy Dharmawan, Taufik Eko Susilo

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The Effect of Video-Based Telerehabilitation Exercise on Smartphone Addiction and Neck Pain in Students in the Covid-19 Pandemic Era

Full Paper

Aura Anisa Ceasar Riskia, Taufik Megy Dharmawan, Taufik Eko Susilo

Submitted by: Aura Anisa Caesar Riskia

Keywords: Telerehabiliton, Exercise, Smartphone Addiction, Neck Pain, COVID-19

Abstract

In the era of the Covid-19 pandemic, the government implemented a policy for learning using online methods. This online method has an impact on increasing the intensity of smartphone use. The high use of smartphones can cause addiction to smartphones and also increase the risk of neck pain due to improper posture. The purpose of the study was to determine the effect of giving exercise in the form of video on the number of addition to smartphones and the intensity of neck pain. This type of research used an experimental study with a single group pre-post test design approach with a research sample of 6 people. Participants in this study were given a video exercise-based telerehabilitation intervention which was carried out 3 times a week for 3 weeks with stretching exercises in the neck, shoulder and wrist areas. The results of the data analysis test with parametric paired sample t test, obtained $p = 0.287$ ($p > 0.05$) for neck pain and the value of smartphone addiction $p = 0.666$ ($p > 0.05$). Measuring neck pain using the Neck Disability Index (NDI) and the level of addiction to smartphones with the Smartphone Addiction Scale (SAS). There is no significant effect of giving video-based exercise on the level of smartphone addiction and the intensity of neck pain.

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