

ABSTRACT

Herbal medicine sellers have a habit of bending over during preparation and transporting herbs while sitting before picking them up. On the other hand, herbalists have to lift and support heavy objects on their backs. The understanding of the human body is the basis of the strong and solid Randoseru Concept. It is said that rigid bags improve posture. Carrying this bag is also believed to prevent a bent back. In this study, researchers tried to apply the concept of randoseru to back packs that would be used by herbal medicine sellers when selling. This minimizes the occurrence of shoulder pain in herbal medicine sellers. Analysis of the data in the study used through observation. Using qualitative methods with interviews and quantitative through google form. It is hoped that the results of this design are herbal medicine sellers who are prone to supraspinatus tendinitis can reduce functional capacity, increase joint range of motion, increase shoulder muscle strength, and reduce pain.

Keywords : *Backpack, Carrying Herbs, Shoulder Pain, Randoseru Concept.*