

PICO Elements

Population/Patient (P) (Title/Abstract)	Intervention (I) (Title/Abstract)	Comparator(C) + Outcome (O) (All Fields)
“sedentary work*” “adult work*” “work*” “office work*” “sedentary behavior*” “labor*” “labour*” “Employment” “employ*” “employment*” “sedentary occupation*” “occupation*” “occupational group*” “desk job” “computer user*” “firm*” “neck pain” “shoulder pain” “chronic pain” “nonmalignant” “Neck-shoulder pain” “muscle pain” “Scapular Pain” “non-malignant pain” “Acute Pain” “Cervical pain” “cervicogenic headache*” “tension headache” “non-specific neck pain” “pain” “Myalgia” “musculoskeletal diseases*” “musculoskeletal disorder*”	“micro exercise*” “bodyweight exercise” “body weight exercise*” “calisthenics” “resistance exercise*” “elastic band exercise*” “resistance band exercise*” “thera band exercise*” “kettlebell*” “dumbbell*” “swiss ball*” “proprioception exercise*” “proprioceptive training*” “sensorimotor exercise*” “sensorimotor training*” “workplace based intervention*” “workplace based intervention*” “exercise therapy*” “modified work*” “exercise*” “breathing exercise*” “physical therapy*” “resistance training*” “Motor Control” “education” “Training” “motor activity*” “respiratory exercise*” “mirror therapy*” “kinesiotherapy*” “movement therapy*” “strength exercise*” “endurance exercise*” “walked”	“Pain Management” “pain reduction” “pain relief” “pain” “neck pain” “shoulder pain” “Neck-shoulder pain” “muscle pain” “Scapular Pain” “non-malignant pain” “Acute Pain” “Myalgia” “chronic pain” “musculoskeletal disease*” “musculoskeletal disorder*” “Musculoskeletal Pain” “Visual Analogue Scale” “VAS” “Numerical Rating Scale” “nrs” “muscle activation*” “muscle activity*” “electromyography*” “EMG” “muscle contraction*” “Quality of Life” “SF-36” “EQ-5D” “EuroQol-5D” “Surveys and Questionnaires” “Neck Disability Index” “NDI” “Shoulder Pain and Disability Index”

“musculoskeletal disease*” “musculoskeletal disorders” “chronic pain” “nonmalignant pain” “headache” “headaches” “headache s” “visual analogue scale” “VAS” “Numerical Rating Scale” “nrs” “Neck Disability Index” “NDI” “Shoulder Pain and Disability Index” “SPADI” “Work Ability Index” “WAI” “Work Limitations Questionnaire” “WLQ” “Work Role Functioning Questionnaire” “WRFQ” “work absence” “Sick Leave” “absenteeism” “sickness absence” “sick-listed” “absentee” “absenteeism” “absentees”	“walking” “running” “stretching exercise*” “bicycling exercise*” “exercise*” “Exercise Therapy” “Resistance Training” “Proprioception” “Motor Activity” “Occupational Health” “Return to Work” “Breathing Exercises” “Physical Therapy Modalities” “Training” “Motor Control” “Motor Activity” “Psychomotor Performance” “Mirror Therapy” “Movement Therapy” “gymnastics” “Endurance Training”	“SPADI” “Work Ability Index” “WAI” “Work Limitations Questionnaire” “WLQ” “Work Role Functioning Questionnaire” “WRFQ” “work absence” “Sick Leave” “absenteeism” “sickness absence” “sick-listed” “absentee” “absenteeism” “absentees”
---	---	---