

Date: July, 2025

Database	Search String
PubMed	(("sedentary work"[All Fields] OR "adult work"[All Fields] OR "work"[All Fields] OR "office work"[All Fields] OR ("sedentary behavior"[All Fields] OR "work"[MeSH Terms]) OR ("labor"[All Fields] OR "labour"[All Fields]) OR ("Employment"[All Fields] OR "employ"[All Fields] OR "employment"[MeSH Terms]) OR ("sedentary occupation"[All Fields] OR "occupation"[All Fields] OR "occupational group"[All Fields] OR "Occupational Health"[MeSH Terms]) OR ("desk job"[All Fields] OR "computer user"[All Fields] OR "firm"[All Fields])) AND ("neck pain"[All Fields] OR "shoulder pain"[All Fields] OR ("neck pain"[All Fields] OR "shoulder pain"[MeSH Terms]) OR (("chronic pain"[All Fields] OR "chronic pain"[MeSH Terms]) AND "nonmalignant"[All Fields]) OR ("Neck-shoulder pain"[All Fields] OR "Neck-shoulder pain"[All Fields] OR "muscle pain"[All Fields] OR "Scapular Pain"[All Fields] OR "non-malignant pain"[All Fields] OR "Acute Pain"[All Fields] OR "Cervical pain"[All Fields] OR "cervicogenic headache"[All Fields] OR "tension headache"[All Fields] OR "non-specific neck pain"[All Fields] OR (((("neck pain"[All Fields] OR "shoulder pain"[All Fields] OR ("pain"[MeSH Terms] OR "pain"[All Fields]) OR "Acute Pain"[All Fields] OR "Pain Management"[All Fields]) AND "Musculoskeletal Pain"[All Fields]) OR ("headache"[MeSH Terms] OR "headache"[All Fields] OR "headaches"[All Fields] OR "headache s"[All Fields]) OR ("Myalgia"[MeSH Terms] OR "Myalgia"[All Fields] OR "myalgias"[All Fields]) OR "arthralgia"[MeSH Terms])) OR ("musculoskeletal diseases"[All Fields] OR "musculoskeletal disorder"[All Fields] OR "Musculoskeletal Pain"[All Fields] OR "chronic pain"[All Fields] OR "nonmalignant pain"[All Fields] OR ("musculoskeletal diseases"[All Fields] OR "Musculoskeletal Pain"[All Fields] OR "chronic pain"[MeSH Terms])) AND ("micro exercise"[All Fields] OR "micro exercise"[All Fields] OR "bodyweight exercise"[All Fields] OR "body weight exercise"[All Fields] OR "calisthenics"[All Fields] OR "resistance exercise"[All Fields] OR "elastic band exercise"[All Fields] OR "resistance band exercise"[All Fields] OR "thera band exercise"[All Fields] OR "kettlebell"[All Fields] OR "dumbbell"[All Fields] OR "swiss ball"[All Fields] OR "proprioception exercise"[All Fields] OR "proprioceptive training"[All Fields] OR "sensorimotor exercise"[All Fields] OR "sensorimotor training"[All Fields] OR "workplace based intervention"[All Fields] OR "workplace based intervention"[All Fields] OR "exercise therapy"[All Fields] OR "modified work"[All Fields] OR "exercise"[All Fields] OR "breathing exercise"[All Fields] OR "physical therapy"[All Fields] OR "resistance training"[All Fields] OR "Motor Control"[All Fields] OR "education"[MeSH Subheading] OR "education"[All Fields] OR "Training"[All Fields] OR "education"[MeSH Terms] OR "train"[All Fields] OR "train s"[All Fields] OR "trained"[All Fields] OR "training s"[All Fields] OR "trainings"[All Fields] OR "trains"[All Fields] OR "motor activity"[All Fields] OR "respiratory exercise"[All Fields] OR "mirror therapy"[All Fields] OR "kinesiotherapy"[All Fields] OR "movement therapy"[All Fields] OR "strength exercise"[All Fields] OR "endurance exercise"[All Fields] OR "walked"[All Fields] OR "walking"[MeSH Terms] OR "walking"[All Fields] OR "walks"[All Fields] OR "running"[MeSH Terms] OR "running"[All Fields] OR "runnings"[All Fields] OR "stretching exercise"[All Fields] OR "bicycling exercise"[All Fields] OR "exercise"[All Fields] OR "Exercise Therapy"[All Fields] OR "Resistance Training"[All Fields] OR "Proprioception"[All Fields] OR "Motor Activity"[All Fields] OR "Occupational Health"[All Fields] OR "Return to Work"[All Fields] OR "Breathing Exercises"[All Fields] OR "Physical Therapy Modalities"[All Fields] OR "Training"[All Fields] OR "Motor Control"[All Fields] OR "Motor Activity"[All Fields] OR "Psychomotor Performance"[All Fields] OR "Mirror Therapy"[All Fields] OR "Movement Therapy"[All Fields] OR "calisthenic"[All Fields] OR "callisthenic"[All Fields] OR "callisthenics"[All Fields] OR "gymnastics"[MeSH Terms] OR "gymnastics"[All Fields] OR "calisthenics"[All Fields] OR "Endurance Training"[All Fields] OR "walked"[All Fields] OR "walking"[MeSH Terms] OR "walking"[All Fields] OR "walks"[All Fields] OR "running"[MeSH Terms] OR "running"[All Fields] OR

	"runnings"[All Fields] OR "stretching exercise*" [All Fields] OR "bicycling"[MeSH Terms]) AND ("Pain Management"[All Fields] OR "pain reduction"[All Fields] OR "pain relief"[All Fields] OR ("Pain Management"[All Fields] OR ("pain"[MeSH Terms] OR "pain"[All Fields]) OR "analgesia"[MeSH Terms]) OR ("neck pain"[All Fields] OR "shoulder pain"[All Fields] OR "Neck-shoulder pain"[All Fields] OR "Neck-shoulder pain"[All Fields] OR "muscle pain"[All Fields] OR "Scapular Pain"[All Fields] OR "non-malignant pain"[All Fields] OR "Acute Pain"[All Fields] OR ("neck pain"[All Fields] OR "shoulder pain"[All Fields] OR "Myalgia"[All Fields] OR "Scapula"[All Fields] OR "Acute Pain"[MeSH Terms])) OR (("chronic pain"[All Fields] OR "chronic pain"[MeSH Terms]) AND "non malignant"[All Fields]) OR ("musculoskeletal disease*" [All Fields] OR "musculoskeletal disorder*" [All Fields] OR "Musculoskeletal Pain"[All Fields] OR ("musculoskeletal disease*" [All Fields] OR "Musculoskeletal Pain"[MeSH Terms])) OR ("Visual Analogue Scale"[All Fields] OR "VAS"[All Fields] OR "Numerical Rating Scale"[All Fields] OR "nrs"[All Fields] OR "Pain Measurement"[MeSH Terms]) OR ("muscle activation*" [All Fields] OR "muscle activity*" [All Fields] OR "electromyography*" [All Fields] OR "EMG"[All Fields] OR ("muscle contraction*" [All Fields] OR "electromyography*" [MeSH Terms])) OR ("Quality of Life"[All Fields] OR "SF-36"[All Fields] OR "EQ-5D"[All Fields] OR "EuroQol-5D"[All Fields] OR ("Quality of Life"[All Fields] OR "Surveys and Questionnaires"[All Fields] OR "Health Status"[MeSH Terms])) OR ("Neck Disability Index"[All Fields] OR "NDI"[All Fields] OR "Shoulder Pain and Disability Index"[All Fields] OR "SPADI"[All Fields] OR "disability evaluation*" [MeSH Terms]) OR ("Work Ability Index"[All Fields] OR "WAI"[All Fields] OR "Work Limitations Questionnaire"[All Fields] OR "WLQ"[All Fields] OR "Work Role Functioning Questionnaire"[All Fields] OR "WRFQ"[All Fields] OR ("occupational health*" [All Fields] OR "work capacity evaluation*" [MeSH Terms])) OR ("work absence"[All Fields] OR "Sick Leave"[All Fields] OR "absenteeism"[All Fields] OR "sickness absence"[All Fields] OR "sick-listed"[All Fields] OR ("absentee"[All Fields] OR "absenteeism"[MeSH Terms] OR "absenteeism"[All Fields] OR "absentees"[All Fields] OR "Sick Leave"[MeSH Terms]))) NOT ("letter"[Publication Type] OR "newspaper article"[Publication Type] OR ("systematic review"[Title] OR "meta-analysis"[Publication Type] OR "meta-analysis"[Title] OR "systematic literature review"[Title] OR "this systematic review"[Text Word] OR "pooling project"[Text Word] OR ("systematic review"[Title/Abstract] AND "review"[Publication Type]) OR "meta synthesis"[Title] OR "meta analy*" [Title] OR "integrative review"[Text Word] OR "integrative research review"[Text Word] OR "rapid review"[Text Word] OR "umbrella review"[Text Word] OR "consensus development conference"[Publication Type] OR "practice guideline"[Publication Type] OR "drug class reviews"[Title] OR "cochrane database syst rev"[Journal] OR "acp j club"[Journal] OR "health technol assess"[Journal] OR "evid rep technol assess summ"[Journal] OR "jbi database system rev implement rep"[Journal]) OR "review"[Publication Type] OR ("review"[Title/Abstract] OR "reviews"[Title/Abstract]) OR "meta analy*" [Text Word] OR "bibliography"[Title/Abstract] OR "bibliographies"[Title/Abstract])
WOS	"sedentary work*" OR "adult work*" OR "work*" OR "office work*" OR "sedentary behavior*" OR "labor*" OR "labour*" OR "Employment" OR "employ*" OR "sedentary occupation*" OR "occupation*" OR "occupational group*" OR "desk job*" OR "computer user*" OR "firm*" AND "neck pain" OR "shoulder pain" OR "chronic pain" AND "nonmalignant" OR "Neck-shoulder pain" OR "muscle pain" OR "Scapular Pain" OR "non-malignant pain" OR "Acute Pain" OR "Cervical pain" OR "cervicogenic headache*" OR "tension headache" OR "non-specific neck pain" OR "pain" OR "Acute Pain" OR "Pain Management" AND "Musculoskeletal Pain" OR "headache*" OR "myalgia*" OR "musculoskeletal disease*" OR "musculoskeletal disorder*" OR "chronic pain" OR "nonmalignant pain" (All Fields) AND "micro-exercise*" OR "micro exercise*" OR "bodyweight exercise" OR "body weight exercise*" OR "calisthenics" OR "resistance exercise*" OR "elastic band exercise*" OR "resistance band exercise*" OR "thera-band exercise*" OR "kettlebell*" OR "dumbbell*" OR "swiss ball*" OR "proprioception exercise*" OR "proprioceptive training*" OR "sensorimotor exercise*" OR "sensorimotor training*" OR "workplace based intervention*" OR "workplace-based intervention*" OR "Exercise Therapy*" OR "Modified work*" OR "exercise*" OR "Breathing Exercise*" OR "Physical Therapy*" OR "Resistance Training*" OR "motor control"

	OR Training OR "Motor Activity*" OR "Respiratory Exercise*" OR "Mirror Therapy*" OR "Kinesiotherapy*" OR "Movement therapy*" OR "strength exercise*" OR "endurance exercise*" OR walking OR running OR "stretching exercise*" OR "bicycling exercise*" (Topic) AND "Pain Management" OR "pain reduction" OR "pain relief" OR pain OR "neck pain" OR "shoulder pain" OR "Neck-shoulder pain" OR "Neck-shoulder pain" OR "muscle pain" OR "Scapular Pain" OR "non-malignant pain" OR "Acute Pain" OR "neck pain" OR "shoulder pain" OR Myalgia OR Scapula OR "chronic pain" AND "nonmalignant" OR "musculoskeletal disease*" OR "musculoskeletal disorder*" OR "Musculoskeletal Pain" OR "musculoskeletal disease*" OR "Visual Analogue Scale" OR VAS OR "Numerical Rating Scale" OR nrs (All Fields) AND "muscle activation*" OR "muscle activity*" OR "electromyography*" OR EMG OR "muscle contraction*" OR "Quality of Life" OR "SF-36" OR "EQ-5D" OR "EuroQol-5D" OR "Quality of Life" OR "Surveys and Questionnaires" OR "Neck Disability Index" OR NDI OR "Shoulder Pain and Disability Index" OR "SPADI" OR "Work Ability Index" OR "WAI" OR "Work Limitations Questionnaire" OR "WLQ" OR "Work Role Functioning Questionnaire" OR WRFQ OR "occupational health*" OR "work absence" OR "Sick Leave" OR absenteeism OR "sickness absence" OR "sick-listed" OR absentee OR absenteeism OR absentees (All Fields)
Scopus	("sedentary work*" OR "adult work*" OR "work*" OR "office work*" OR "sedentary behavior*" OR "labor*" OR "labour*" OR "Employment" OR "employ*" OR "sedentary occupation*" OR "occupation*" OR "occupational group*" OR "desk job" OR "computer user*" OR "firm*" AND "neck pain" OR "shoulder pain" OR "neck pain" OR "chronic pain" AND "nonmalignant" OR "Neck-shoulder pain" OR "Neck-shoulder pain" OR "muscle pain" OR "Scapular Pain" OR "non-malignant pain" OR "Acute Pain" OR "Cervical pain" OR "cervicogenic headache*" OR "tension headache" OR "non-specific neck pain" OR "neck pain" OR "shoulder pain" OR "pain" OR "Acute Pain" OR "Pain Management" AND "Musculoskeletal Pain" OR "headache" OR "headaches" OR "headache s" OR "myalgia" OR "myalgias" OR "musculoskeletal diseases*" OR "musculoskeletal disorder*" OR "Musculoskeletal Pain" OR "chronic pain" OR "nonmalignant pain" OR "musculoskeletal diseases*" OR "Musculoskeletal Pain") AND TITLE-ABS-KEY ("micro-exercise*" OR "micro exercise*" OR "bodyweight exercise" OR "body weight exercise*" OR "calisthenics" OR "resistance exercise*" OR "elastic band exercise*" OR "resistance band exercise*" OR "thera-band exercise*" OR "kettlebell*" OR "dumbbell*" OR "swiss ball*" OR "proprioception exercise*" OR "proprioceptive training*" OR "sensorimotor exercise*" OR "sensorimotor training*" OR "workplace based intervention*" OR "workplace-based intervention*" OR "Exercise Therapy*" OR "Modified work*" OR "exercise*" OR "Breathing Exercise*" OR "Physical Therapy*" OR "Resistance Training*" OR "motor control" OR training OR "Motor Activity*" OR "Respiratory Exercise*" OR "Mirror Therapy*" OR "Kinesiotherapy*" OR "Movement therapy*" OR "strength exercise*" OR "endurance exercise*" OR walking OR running OR "stretching exercise*" OR "bicycling exercise*") AND ALL ("Pain Management" OR "pain reduction" OR "pain relief" OR "Pain Management" OR pain OR "neck pain" OR "shoulder pain" OR "Neck-shoulder pain" OR "Neck-shoulder pain" OR "muscle pain" OR "Scapular Pain" OR "non-malignant pain" OR "Acute Pain" OR "neck pain" OR "shoulder pain" OR myalgia OR scapula OR "chronic pain" AND "nonmalignant" OR "musculoskeletal disease*" OR "musculoskeletal disorder*" OR "Musculoskeletal Pain" OR "musculoskeletal disease*" OR "Visual Analogue Scale" OR vas OR "Numerical Rating Scale" OR nrs OR "muscle activation*" OR "muscle activity*" OR "electromyography*" OR emg OR "muscle contraction*" OR "Quality of Life" OR "SF-36" OR "EQ-5D" OR "EuroQol-5D" OR "Quality of Life" OR "Surveys and Questionnaires" OR "Neck Disability Index" OR ndi OR "Shoulder Pain and Disability Index" OR "SPADI" OR "Work Ability Index" OR "WAI" OR "Work Limitations Questionnaire" OR "WLQ" OR "Work Role Functioning Questionnaire" OR wrfq OR "occupational health*" OR "work absence" OR "Sick Leave" OR absenteeism OR "sickness absence" OR "sick-listed" OR absentee OR absenteeism OR absentees) AND NOT TITLE (letter OR review)