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Study Population (Part 4 of "Effects of Online Exercise Intervention on Physical and Mental Conditions in Young Adults with Chronic Neck Pain")

In 1 collection

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ABSTRACT

This is a Part 4 of "Effects of Online Exercise Intervention on Physical and Mental Conditions in Young Adults with Chronic Neck Pain".

The target participants were adults with self-reported non-specific neck pain for more than three months.

ATTACHMENTS

[kjbab24b7.docx](#)

GUIDELINES

The target participants were adults with self-reported non-specific neck pain for more than three months. They were recruited through posters and social media in the campus of the Beijing Sport University.

Inclusion Criteria

- 1 Adults between 18 and 50 years of age with neck pain (from occiput to 7th cervical vertebra) for at least 3 months.
- 2 A score of $\geq 4/50$ on the NDI.

Exclusion Criteria

- 3 Adults with a history of previous neck surgery, cervical radiculopathy, acute neck injury or fracture.
- 4 Persons who had more than two hours of moderate intensity exercise or more than four hours of low intensity exercise in a week.
- 5 Persons who had received any form of physiotherapy treatment in the last 6 months.