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🌐 Interventions (Part 5 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 Part 5 "Effects of Online Exercise Intervention on Physical and Mental Conditions in Young Adults with Chronic Neck Pain". Participants in both groups completed the same exercise program three times a week for six weeks with either face-to-face or online mode of delivery by physiotherapists. The intervention includes:

- A. Warm-up exercises
- B. Cranio-cervical flexion exercises
- C. Strength-endurance exercises
- D. Scapular stabilization exercises
- E. Stretching exercises

ATTACHMENTS

[kjbab24b7.docx](#)

GUIDELINES

Interventions:

Participants in both groups completed the same exercise program three times a week for six weeks with either face-to-face or online mode of delivery by physiotherapists.

At baseline, the suitable elastic bands (Thera-band®) for performing the exercises were selected by testing the 15 repetitions maximum (15RM) of the Modified Brügger's Exercise (MBE) and the Modified Proprioceptive Neuromuscular Facilitation Diagonal Flexion Exercise (MPNFDFE) for the participants of both the experimental group and control group. The details of the MBE and MPNFDFE were described in supplementary file 1.

Participants randomized to the control group performed the following exercises three times a week for six weeks in a group of 3-5 participants in the laboratory of the Sport Medicine and Rehabilitation School of the Beijing Sport University:

- A. Warm-up exercises
- B. Cranio-cervical flexion exercises
- C. Strength-endurance exercises
- D. Scapular stabilization exercises
- E. Stretching exercises

The details of the exercises were described in supplementary file 2.

Participants allocated to the experimental group performed the same set of exercise three times a week for six weeks in their home, with the following arrangements:

The participants had weekly online exercise meetings with the physiotherapist in a group of 3-5 participants using the TENCENT Meeting. Then the participants performed the remaining two sessions of exercises themselves weekly. If they had encountered any problems, they could consult the physiotherapist during the online session or texting to the physiotherapist using the WeChat app. All the participants of the experimental group received a package of exercise pamphlet and a video disc containing 17-minute exercise demonstrations by the physiotherapist.