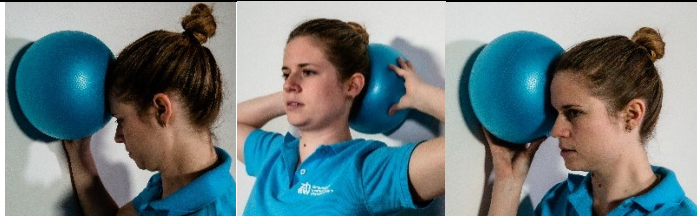
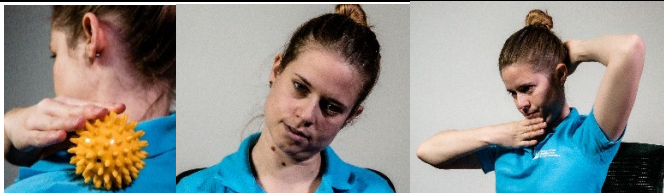
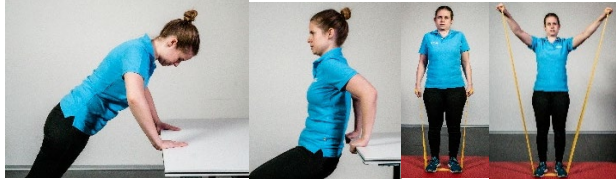
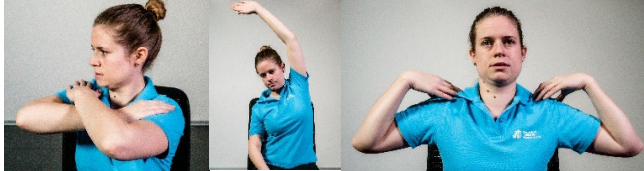


Neck and shoulder exercises used in the NEXpro stepped wedge randomised controlled trial.

Region	Aim	
	Strengthening	Stretching and relaxation
Neck region	 <p>For Flexion, Extension and Rotation direction, either isometric contractions, or contractions within a small range of motions were used. Alternative to a soft ball, tera-bands could be used, or even pushing in one's own hand. Repetitions: approximately 5 x for 5 seconds</p>	 <p>Self-massage and stretching the upper trapezius and upper cervical extensors were instructed. Repetitions: approximately 3 times for 20 seconds. Other balls, like a tennis ball could have been used.</p>
Shoulder (girdle) region	 <p>Frontal and backwards pushes at their own desk, shoulder-girdle shrugs and arm raises with a tera band and an extra push for shoulder girdle elevation had been instructed. Repetitions: approximately 3 times 10 repetitions.</p>	 <p>Upper body rotations, side bendings and shoulder-girdle circling had been instructed, preferably in standing position. Repetitions: approximately 3 times for 20 seconds.</p>

Individual adaptations could have been applied, if needed and indicated.