

Supplementary File 1. Full search strategy

Database	Search terms
Pubmed	<p>1. ("Office Work"[tiab] OR "Office Worker"[tiab] OR "Office Workers"[tiab] OR "Desk Worker"[tiab] OR "Desk Workers"[tiab] OR "Computer Work"[tiab] OR "Computer Workers"[tiab] OR "Nonmanual Workers"[tiab] OR "Administrative Personnel"[MeSH] OR "Administrative Personnel"[tiab] OR "sedentary workers"[tiab] OR "sedentary personnel"[tiab] OR "sedentary employees"[tiab] OR "Work Performance"[MeSH] OR "Work Performance"[tiab] OR "Work Performances"[MeSH] OR "Work Performances"[tiab] OR "Job Performance"[MeSH] OR "Job Performance"[tiab] OR "Job Performances"[MeSH] OR "Job Performances"[tiab] OR "Occupational Diseases"[MeSH] OR "Occupational Disease*"[tiab] OR "Occupational Illness*"[tiab] OR "Administrative Personnel"[MeSH] OR "Administrative Personnel"[tiab] OR "White Collar Worker"[tiab] OR "Administrative Worker"[tiab] OR "Corporate Workers"[tiab] OR "Video Display terminal workers"[tiab] OR "Video Display Visual operators"[tiab] OR "Clerical workers"[tiab])</p> <p>2. ("Musculoskeletal Illness"[MeSH] OR "Musculoskeletal Illness"[tiab] OR "Musculoskeletal Pain"[MeSH] OR "Musculoskeletal Pain"[tiab] OR "Musculoskeletal Pain"[MeSH] OR "Musculoskeletal Pain"[tiab] OR "Musculoskeletal Disease"[MeSH] OR "Musculoskeletal Disease"[tiab] OR "Musculoskeletal Diseases"[MeSH] OR "Musculoskeletal Diseases"[tiab] OR "Musculoskeletal Disorder"[tiab] OR "Musculoskeletal Disorders"[tiab] OR "Musculoskeletal Disfunction"[tiab] OR "Musculoskeletal Disfunctions"[tiab] OR "Low back pain"[MeSH] OR "Low back pain"[tiab] OR "Low back pains"[tiab] OR "Lumbago"[tiab] OR "Lower Back Pain"[tiab] OR "Lower Back pains"[tiab] OR "Low Back Ache"[tiab] OR "Low Back Aches"[tiab] OR "Low Backache"[tiab] OR "Low Backaches"[tiab] OR "Postural Low back pain"[tiab] OR "Posterior Compartment Low back pain"[tiab] OR "Recurrent Low back pain"[tiab] OR "Mechanical Low back pain"[tiab] OR "Neck pain"[MeSH] OR "Neck pain"[tiab] OR "Neck pains"[tiab] OR "Neck Ache"[tiab] OR "NeckAches"[tiab] OR "Cervicalgia"[tiab] OR "Cervicalgias"[tiab] OR "Cervicodynia"[tiab] OR "Cervicodynias"[tiab] OR "Cervical Pain"[tiab] OR "Cervical Pains"[tiab] OR "Posterior Cervical Pain"[tiab] OR "Posterior Cervical Pains"[tiab] OR "Posterior Neck Pain"[tiab] OR "Posterior Neck Pains"[tiab] OR "Anterior Cervical Pain"[tiab] OR "Anterior Cervical Pains"[tiab] OR "Posterior Neck Pain"[tiab] OR "Posterior Neck Pains"[tiab] OR "Shoulder pain"[MeSH] OR "Shoulder pain"[tiab] OR "Shoulder pains"[tiab])</p> <p>3. ("Exercise movement Therapy"[MeSH] OR "Exercise movement Therapy"[tiab] OR "Exercise Therapy"[MeSH] OR "Exercise Therapy"[tiab] OR "Circuit Based Exercise"[MeSH] OR "Circuit Based Exercise"[tiab] OR "Stretching Exercise"[MeSH] OR "Stretching Exercise"[tiab] OR Yoga[MeSH] OR Yoga[tiab] OR "Pilates Training"[tiab] OR "Active Rest"[tiab] OR "Active Rests"[tiab] OR "Active Pause"[tiab] OR "Active Pauses"[tiab] OR "Active Break"[tiab] OR "Active Breaks"[tiab] OR "Exercise Therapies"[tiab] OR "Remedial Exercise"[tiab] OR "Remedial Exercises"[tiab] OR "Rehabilitation Exercise"[tiab] OR "Rehabilitation Exercises"[tiab] OR "Incidental Physical activity"[tiab] OR "Standing breaks"[tiab] OR "Stretching breaks"[tiab] OR "Mobility exercise"[tiab] OR "Workplace exercise intervention"[tiab])</p> <p>4. 1 AND 2 AND 3</p> <p>- Filters/Limits: Publication Date = 1 January 2020 to 31 December 2020; Language = English and Spanish only</p>
CINHAL	<p>1. TI (("Musculoskeletal Illness" OR "Musculoskeletal Pain" OR "Musculoskeletal Pain" OR "Musculoskeletal Disease" OR "Musculoskeletal Diseases" OR "Musculoskeletal Disorder" OR "Musculoskeletal Disorders" OR "Musculoskeletal Disfunction" OR "Musculoskeletal Disfunctions" OR "Low back pain" OR "Low back pains" OR "Lumbago" OR "Lower Back Pain" OR "Lower Back pains" OR "Low Back Ache" OR "Low Back Aches" OR "Low Backache" OR "Low Backaches" OR "Postural Low back pain" OR "Posterior Compartment Low back pain" OR "Recurrent Low back pain" OR "Mechanical Low back pain" OR "Neck pain" OR "Neck pains" OR "Neck Ache" OR "NeckAches" OR "Cervicalgia" OR "Cervicalgias" OR "Cervicodynia" OR "Cervicodynias" OR "Cervical Pain" OR "Cervical Pains" OR "Posterior Cervical Pain" OR "Posterior Cervical Pains" OR "Posterior Neck Pain" OR "Posterior Neck Pains" OR "Anterior Cervical Pain" OR "Anterior</p>

	<p>Cervical Pains" OR "Posterior Neck Pain" OR "Posterior Neck Pains" OR "Shoulder pain" OR "Shoulder pain" OR "Shoulder pains"))</p> <p>2. AB ((Musculoskeletal Illness" OR "Musculoskeletal Pain" OR "Musculoskeletal Pain" OR "Musculoskeletal Disease" OR "Musculoskeletal Diseases" OR "Musculoskeletal Disorder" OR "Musculoskeletal Disorders" OR "Musculoskeletal Disfunction" OR "Musculoskeletal Disfunctions" OR "Low back pain" OR "Low back pains" OR "Lumbago" OR "Lower Back Pain" OR "Lower Back pains" OR "Low Back Ache" OR "Low Back Aches" OR "Low Backache" OR "Low Backaches" OR "Postural Low back pain" OR "Posterior Compartment Low back pain" OR "Recurrent Low back pain" OR "Mechanical Low back pain" OR "Neck pain" OR "Neck pains" OR "Neck Ache" OR "NeckAches" OR "Cervicalgia" OR "Cervicalgias" OR "Cervicodynia" OR "Cervicodynias" OR "Cervical Pain" OR "Cervical Pains" OR "Posterior Cervical Pain" OR "Posterior Cervical Pains" OR "Posterior Neck Pain" OR "Posterior Neck Pains" OR "Anterior Cervical Pain" OR "Anterior Cervical Pains" OR "Posterior Neck Pain" OR "Posterior Neck Pains" OR "Shoulder pain" OR "Shoulder pain" OR "Shoulder pains"))</p> <p>3. TI (("Office Work" OR "Office Worker" OR "Office Workers" OR "Desk Worker" OR "Desk Workers" OR "Computer Work" OR "Computer Workers" OR "Nonmanual Workers" OR "Administrative Personnel" OR "sedentary workers" OR "sedentary personnel" OR "sedentary employees" OR "Work Performance" OR "Work Performances" OR "Job Performance" OR "Job Performances" OR "Occupational Diseases" OR "Occupational Disease*" OR "Occupational Illness*" OR "Administrative Personnel" OR "White Collar Worker" OR "Administrative Worker" OR "Corporate Workers" OR "Video Display terminal workers" OR "Video Display Visual operators" OR "Clerical workers"))</p> <p>4. AB (("Office Work" OR "Office Worker" OR "Office Workers" OR "Desk Worker" OR "Desk Workers" OR "Computer Work" OR "Computer Workers" OR "Nonmanual Workers" OR "Administrative Personnel" OR "sedentary workers" OR "sedentary personnel" OR "sedentary employees" OR "Work Performance" OR "Work Performances" OR "Job Performance" OR "Job Performances" OR "Occupational Diseases" OR "Occupational Disease*" OR "Occupational Illness*" OR "Administrative Personnel" OR "White Collar Worker" OR "Administrative Worker" OR "Corporate Workers" OR "Video Display terminal workers" OR "Video Display Visual operators" OR "Clerical workers"))</p> <p>5. TI (("Exercise Movement Therapy" OR "Exercise Therapy" OR "Circuit Based Exercise" OR "Stretching Exercise" OR Yoga OR "Pilates Training" OR "Active Rest" OR "Active Rests" OR "Active Pause" OR "Active Pauses" OR "Active Break" OR "Active Breaks" OR "Exercise Therapies" OR "Remedial Exercise" OR "Remedial Exercises" OR "Rehabilitation Exercise" OR "Rehabilitation Exercises" OR "Incidental Physical Activity" OR "Standing Breaks" OR "Stretching Breaks" OR "Mobility Exercise" OR "Workplace Exercise Intervention"))</p> <p>6. AB (("Exercise Movement Therapy" OR "Exercise Therapy" OR "Circuit Based Exercise" OR "Stretching Exercise" OR Yoga OR "Pilates Training" OR "Active Rest" OR "Active Rests" OR "Active Pause" OR "Active Pauses" OR "Active Break" OR "Active Breaks" OR "Exercise Therapies" OR "Remedial Exercise" OR "Remedial Exercises" OR "Rehabilitation Exercise" OR "Rehabilitation Exercises" OR "Incidental Physical Activity" OR "Standing Breaks" OR "Stretching Breaks" OR "Mobility Exercise" OR "Workplace Exercise Intervention"))</p> <p>7. 1 OR 2 AND 3 OR 4 AND 5 OR 6</p> <p>- Filters/Limits: Publication Date = 1 January 2020 to 31 December 2020; Language = English and Spanish only</p>
Cochrane	<p>1. (("Musculoskeletal Illness" OR "Musculoskeletal Pain" OR "Musculoskeletal Pain" OR "Musculoskeletal Disease" OR "Musculoskeletal Diseases" OR "Musculoskeletal Disorder" OR "Musculoskeletal Disorders" OR "Musculoskeletal Disfunction" OR "Musculoskeletal Disfunctions" OR "Low back pain" OR "Low back pains" OR "Lumbago" OR "Lower Back Pain" OR "Lower Back pains" OR "Low Back Ache" OR "Low Back Aches" OR "Low Backache" OR "Low Backaches" OR "Postural Low back pain" OR "Posterior Compartment Low back pain" OR "Recurrent Low back pain" OR "Mechanical Low back pain" OR "Neck pain" OR "Neck pains" OR "Neck Ache" OR "NeckAches" OR "Cervicalgia" OR "Cervicalgias" OR "Cervicodynia" OR "Cervicodynias" OR "Cervical Pain" OR "Cervical Pains" OR "Posterior Cervical Pain" OR "Posterior Cervical Pains" OR "Posterior Neck Pain" OR "Posterior Neck Pains" OR "Anterior Cervical Pain" OR "Anterior</p>

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Scopus	<p>1. TITLE-ABS-KEY ("Musculoskeletal Illness" OR "Musculoskeletal Pain" OR "Musculoskeletal Pain" OR "Musculoskeletal Disease" OR "Musculoskeletal Diseases" OR "Musculoskeletal Disorder" OR "Musculoskeletal Disorders" OR "Musculoskeletal Disfunction" OR "Musculoskeletal Disfunctions" OR "Low back pain" OR "Low back pains" OR "Lumbago" OR "Lower Back Pain" OR "Lower Back pains" OR "Low Back Ache" OR "Low Back Aches" OR "Low Backache" OR "Low Backaches" OR "Postural Low back pain" OR "Posterior Compartment Low back pain" OR "Recurrent Low back pain" OR "Mechanical Low back pain" OR "Neck pain" OR "Neck pains" OR "Neck Ache" OR "NeckAches" OR "Cervicalgia" OR "Cervicalgias" OR "Cervicodynia" OR "Cervicodynias" OR "Cervical Pain" OR "Cervical Pains" OR "Posterior Cervical Pain" OR "Posterior Cervical Pains" OR "Posterior Neck Pain" OR "Posterior Neck Pains" OR "Anterior Cervical Pain" OR "Anterior Cervical Pains" OR "Posterior Neck Pain" OR "Posterior Neck Pains" OR "Shoulder pain" OR "Shoulder pain" OR "Shoulder pains")</p> <p>2. TITLE-ABS-KEY("Office Work" OR "Office Worker" OR "Office Workers" OR "Desk Worker" OR "Desk Workers" OR "Computer Work" OR "Computer Workers" OR "Nonmanual Workers" OR "Administrative Personnel" OR "sedentary workers" OR "sedentary personnel" OR "sedentary employees" OR "Work Performance" OR "Work Performances" OR "Job Performance" OR "Job Performances" OR "Occupational Diseases" OR "Occupational Disease*" OR "Occupational Illness*" OR "Administrative Personnel" OR "White Collar Worker" OR "Administrative Worker" OR "Corporate Workers" OR "Video Display terminal workers" OR "Video Display Visual operators" OR "Clerical workers")</p> <p>3. TITLE-ABS-KEY("Exercise movement Therapy" OR "Exercise Therapy" OR "Circuit Based Exercise" OR "Stretching Exercise" OR Yoga OR "Pilates Training" OR "Active Rest" OR "Active Rests" OR "Active Pause" OR "Active Pauses" OR "Active Break" OR "Active Breaks" OR "Exercise Therapies" OR "Remedial Exercise" OR "Remedial Exercises" OR "Rehabilitation Exercise" OR "Rehabilitation Exercises" OR "Incidental Physical activity" OR "Standing breaks" OR "Stretching breaks" OR "Mobility exercise" OR "Workplace exercise intervention")</p> <p>4. 1 AND 2 AND 3</p> <p>- Filters/Limits: Publication Date = 1 January 2020 to 31 December 2020; Language = English and Spanish only</p>
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PeDRO	<p>A simple search of the different terms and their synonyms:</p> <ol style="list-style-type: none"> 1. Musculoskeletal Disorders 2. Office workers 3. Exercise Therapy