

**EFFECTIVENESS OF SELF-MANAGEMENT NECK STRETCHING EXERCISES  
AMONG STUDENTS OF UPH-DJGTMU EXPERIENCING MUSCULOSKELETAL  
NECK PAIN**

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**ABSTRACT**

Neck pain is one of the most common musculoskeletal conditions on a global basis. Musculoskeletal neck pain has become more prevalent among students due to online classes since the pandemic started. The most frequent causes of musculoskeletal neck pain are postural strain, repetitive overuse, and prolonged immobilization. There are many potential interventions to alleviate musculoskeletal neck pain, and among the interventions are manual therapy, manipulation and exercises. However, there is limited data on what exercises are effective in alleviating musculoskeletal neck pain. This study aimed to determine the effectiveness of self-management neck stretching exercises among students of UPH-DJGTMU experiencing musculoskeletal neck pain. SLANNS was used to select the respondents for this study. Twenty-one male and female students of medical technology and pharmacy department of UPH- Dr. Jose G. Tamayo Medical University who were taking online classes that classified under mild musculoskeletal neck pain were selected as respondents to this study which lasted for 9 sessions. VAS and NDI outcome measures were used to measure the pain and disability of the respondents prior and after the treatment sessions. The Visual Analogue Scale (VAS) and Neck Disability Index (NDI) showed significant improvement in the post-test scores compared to the pre-test scores which signified that there is a decrease in the musculoskeletal pain of the respondents. Therefore, the use of self-management neck stretching exercises was effective in decreasing musculoskeletal pain among students of UPH-DJGTMU.

**Keywords:** Neck Pain, Stretching, Online Classes