Read the paper given (“Patients with chronic neck pain demonstrate altered patterns of muscle activation during performance of a functional upper limb task by Falla et al”) in order to answer the following questions.

Question 1
You have a patient with local, bilateral, neck pain with radiation in the upper trapezius. He is a 33-year-old office worker who sits at his desk approximately 7 hrs a day working in a computer which is positioned in a 20° angle to his left. Describe the changes in muscular activity (of the neck muscles) you expect to find on this patient. Which model explains these changes and what is the main premise of this model (Hint: read introduction carefully)? (Answer in 8-10 lines)

Question 2
Based on your answer above describe what kind of interventions (exercise based and others) you would suggest to this patient. Tailor the intervention program to the working needs of the patient. (Answer in 8-10 lines)