

Desk-based exercise programme helps reduce back and neck pain

EU co-funded project creates easy-to-use online exercise app to help office workers improve posture and strength in order to reduce back and neck pain

Nearly half of all office-based employees in Europe have experienced back pain due to bad posture and repetitive movements like typing. Helping to tackle deskwork-related pains, the EU co-funded 'Therapeutic Exercise at Workspace (THEWS)' project, developed a desk-based exercise programme to allow users to correct their posture and reduce pain.

Project coordinator Anastasia Beneka said:

Our exercise programme has succeeded in decreasing back and neck pain, thereby improving employees' health and well-being and limiting the number of days workers need to take off.

THEWS started out by consulting office employees in Greece, Cyprus and Norway to discover the most common forms of pain. Alongside physiotherapists, sports coaches, medical professionals and academic experts, the project created an exercise programme designed to reduce neck, shoulder and upper back pain through simple exercises.

These exercises were designed to be carried out in the office in normal clothing and in a discrete way at the desk.

THEWS created a free, [web-based application](#) that allows users to identify their pain and its frequency, and access an exercise programme – demonstrated in videos – tailored to their needs via a [password-protected personal profile](#).

Users are advised to exercise for ten minutes every two hours, helping them to build strength and correctly position their head. The programme also contains stress management techniques.

THEWS held an [information day](#) in Greece, which attracted many human resources members and top managers from multinational companies across the country and from abroad.



Erasmus+

Field: Higher Education

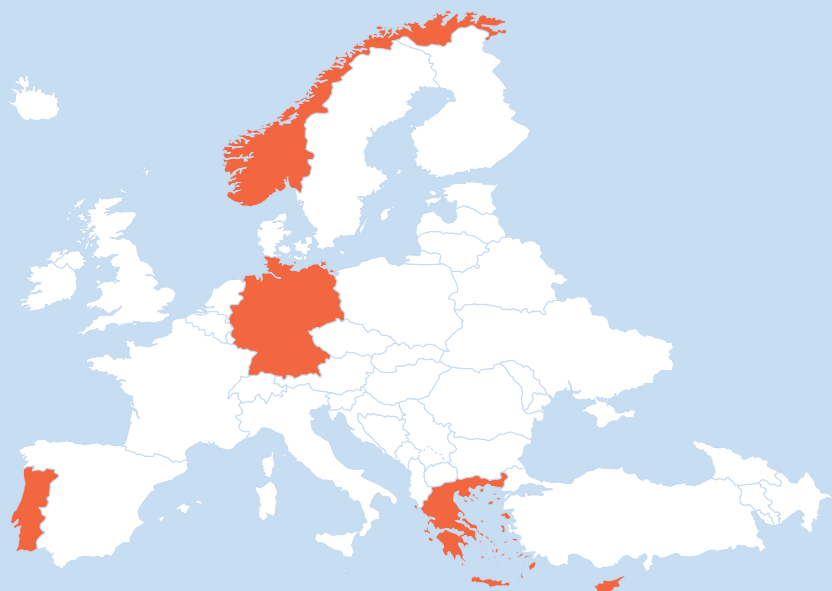
Action: Strategic Partnerships

Key facts and figures

	Participants: 2,053		Countries: 5
	EU grant: €130,150.25		Project duration: 2014-2016

Project title

Therapeutic Exercise at Workspace



Lead organisation

Name: Democritus University of Thrace

Location: Komotini, Greece

Website: <http://www.duth.gr>

Partners

EDEX – Educational Excellence Corporation Limited (University of Nicosia), **Cyprus**;
St. Elisabeth Gruppe Ruhr, **Germany**; ALBA Kollegio Dioikisis Epicheiriseon Somateio, **Greece**;
Høgskolen i Sørøst-Norge, **Norway**; Instituto Pedro Nunes – Associação para a Inovação e Desenvolvimento em Ciência e Tecnologia, **Portugal**

More information

Project website:

<http://thews-platform.eu/>

The Erasmus+ Project Results Platform:

<http://ec.europa.eu/programmes/erasmus-plus/projects/eplu-project-details/>