



ABOUT MYRELIEF

Pain management is an often neglected aspect of healthcare and people with persistent low back pain may feel that they do not have access to specific information and guidance on how to manage their problems.

The main goal of the project is to enhance older workers (55+ years) awareness of self-management strategies for their persistent low back pain in all personal spheres

TRAINING ERGONOMICS, SELF-MANAGEMENT AND HEALTH BEHAVIOUR STRATEGIES FOR OLDER WORKERS SUFFERING FROM CHRONIC LOW-BACK PAIN



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MYRELIEF.EU

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TARGET GROUP

primary target group

more than 2500 older workers (55+ years) with persistent low back pain will be involved in developing and testing the different outputs of the project.

secondary target group

employers and employers' associations, unions, patients' associations, clinical units for persistent pain and other stake - holders.

OUTPUTS:

1. Multimedial Training Videos with Workers and Experts
2. Health Education Handbook for Physical and Mental Well-Being
3. Mobile-Based Serious Game for Self - Assessment
4. E-Learning Platform (MOOC)



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