

# 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.



Non-pharmaceutical treatments are the first option for managing pain including physical therapy and exercise. However, awareness and adherence to these interventions can be quite low.

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.

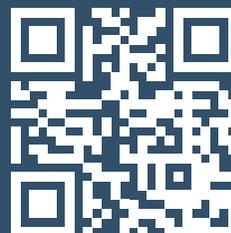
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## TRAINING ERGONOMICS, SELF-MANAGEMENT AND HEALTH BEHAVIOUR STRATEGIES FOR OLDER WORKERS SUFFERING FROM CHRONIC LOW-BACK PAIN

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# TARGET GROUP

Low back pain is one of the main causes of activity limitation and work absence across the world, leading to a high social and economic burden on individuals, families, labour market and society.

*(Lidgren, 2003; Kent & Keating, 2005; Thelin et al., 2008)*



This is particularly true for **older workers employed in sedentary or strenuous jobs** which may influence negatively their health and lead to severe persistent low back pain.

*(Wong et al., 2017)*

## 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 stakeholders.

# OUTPUTS

1

MULTIMEDIA 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)

# PARTNERS



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