



Erasmus+

MODULE TITLE:

Development of THEWS protocol

RESPONSIBLE FOR THE MODULE:

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HOURS :

3

LANGUAGE OF TEACHING:

GREEK []

ENGLISH [X]





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AIM OF THE MODULE (*content and acquired skills*)

The aim of this module is to develop the therapeutic exercise protocol (THEWS) step by step, in order to be applicable to office employees with chronic neck pain. First, the etiology of the chronic neck pain and its symptoms (pain, tight neck muscles, stiff joints) in office workers will be discussed. Then, the torso muscle function in healthy individuals and individuals with neck pain will be analyzed. Finally, the THEWS protocol will be designed, which consists of specific exercises based on the previous knowledge.

MODULE CONTENTS (*outline – subtitles of the lectures*)

Neck pain as a common occupational disease in the European Union.
Definition of neck pain and its relation to office employees.
The etiology of the neck pain in office employees.
The symptoms of the chronic neck pain.
Types of neck pain and its relation to spine column and torso muscle function.
How the neck pain was managed the previous decades.
Torso muscle and dynamic spine stabilization function

TEACHING METHOD (*lectures – labs – practice etc*)

Lectures and practical training

LEARNING OUTCOMES

Upon the completion of this module the student will be able to:

- Know that the neck pain is a common occupational disease in the European Union.
- Understand the neck pain and its relation to office employees.
- Understand the etiology of the chronic neck pain in office employees.
- Know the symptoms of the chronic neck pain.
- Understand the different types of neck pain and its relation to spine column and torso muscle function.
- Know how the neck pain was managed the previous decades.
- Understand the torso muscle and the dynamic spine stabilization function





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LEARNING OUTCOMES - CONTINUED

<i>Learning Outcomes</i>	<i>Educational Activities</i>	<i>Assessment</i>	<i>Students Work Load (hours)</i>
<ul style="list-style-type: none"> Understand the neck pain and its relation to office employees. 	Lectures, slides, practical training, discussion, study at home	Intermediate control tests with written assessment of cognitive appraisal	5
<ul style="list-style-type: none"> Know that the neck pain is a common occupational disease in the European Union. Understand the etiology of the chronic neck pain in office employees. 	Lectures, practical training, presentation/ practical application from the students, discussion, study at home	Intermediate control tests with written assessment of cognitive appraisal	5
<ul style="list-style-type: none"> Know the symptoms of the chronic neck pain in office employees. Understand the different types of neck pain and its relation to whole spine function. 	Lectures, practical training, presentation/ practical application from the students, discussion, study at home	Intermediate control tests with written assessment of cognitive appraisal	10
<ul style="list-style-type: none"> Know how the neck pain was managed the previous decades. Understand the torso muscle and the dynamic spine stabilization function 	Lectures, practical training, discussion, study at home	Intermediate control tests with written assessment of cognitive appraisal	10
		Total	30





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OBLIGATORY & SUGGESTED BIBLIOGRAPHY:

1. Andersen, L. L., Andersen, C. H., Mortensen, O. S., Poulsen, O. M., Bjørnlund, I. B., & Zebis, M. K. (2010). Muscle Activation and Perceived Loading During Rehabilitation Exercises: Comparison of Dumbbells and Elastic Resistance. *Physical Therapy*, σσ. 90 (4):538-549.
2. Andersen, L. L., Saervoll, C. A., Mortensen, O. S., Poulsen, O. M., Hannerz, H., & Zebis, M. K. (2011). Effectiveness of small daily amounts of progressive resistance training for frequent neck/shoulder pain: Randomised controlled trial. *Pain*, σσ. 152: 440–446.
3. Beneka, A., Malliou, P., & Gioftsidou, A. (2014). Neck pain and office workers: An exercise program for the workplace. *ACSM's Health and Fitness Journal*, σσ. 18 (3), 18-24.
4. Cholewicki, J., & VanVliet, J. (2002). Relative contribution of trunk muscles to the stability of the lumbar spine during isometric exertions. *Clinical Biomechanics*, σσ. 17, 99-105.
5. Demoulin, C., Crielaard, J., & Vanderthommen, M. (2007). Spinal muscle evaluation in healthy individuals and low-back-pain patients: a literature review. *Joint Bone Spine*, σσ. 74, 9-13.
6. Malliou, P., Gioftsidou, A., Beneka, A., & Godolias, G. (2006). Measurements and evaluations in low back pain patients. *Scandinavian Journal of Medicine and Science in Sports*, σσ. 16, 219-230.
7. Misailidou, V., Malliou, P., Beneka, A., Karagiannidis, A., Godolias, G. Assessment of patients with neck pain: a review of definitions, selection criteria, and measurement tools (2010) *Journal of Chiropractic Medicine*, 9(2), pp.49-59.

