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MODULE TITLE:

Application of THEWS protocol to office employees

RESPONSIBLE FOR THE MODULE:

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|---------------|--|--|
| NAME | Beneka Anastasia /Malliou Paraskevi | |
| POSITION | Associate Professor/ Professor | |
| SECTOR | School of Physical Education and Sport | |
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HOURS :

6

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 apply the therapeutic exercise protocol (THEWS) to office employees with chronic neck pain.

First, the choice and subsequently the application of the exercises to individuals with neck pain will be analyzed. Then, the progression of the program based on patient's symptoms will be designed. Finally, a combination of various exercises will be arranged.

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

The Local Stability Muscles: Function and activation.

Global Mobility Muscles: Function and activation.

Local Muscle System Dysfunction.

Selection of the proper exercise with Local Muscle System Dysfunction.

Arrange the exercises' order for neck pain employee's therapeutic program.

Application of the exercises to individuals with neck pain.

Progression of therapeutic exercise programs.

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 the local spine stability muscles and to understand their function and their activation.
- Know the global spine mobility muscles and to understand their function and their activation.
- Select the proper exercise to activate the Local Muscle System.
- Arrange the exercises order for neck pain employee's therapeutic program.
- Understand the progression of therapeutic exercise programs.
- Apply the exercises to individuals with neck pain.
- Know how to manage the neck pain to office employees in work space





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LEARNING OUTCOMES - CONTINUED

| <i>Learning Outcomes</i> | <i>Educational Activities</i> | <i>Assessment</i> | <i>Students Work Load (hours)</i> |
|---|--|---|---|
| Know the global spine mobility muscles and to understand their function and their activation. | Lectures, slides, practical training, discussion, study at home | Intermediate control tests with written assessment of cognitive appraisal | 5 |
| Know the local spine stability muscles and to understand their function and their activation. | Lectures, practical training, presentation/ practical application from the students, discussion, study at home | Intermediate control tests with written assessment of cognitive appraisal | 5 |
| Select the proper exercise to activate the Local Muscle System | Lectures, practical training, presentation/ practical application from the students, discussion, study at home | Intermediate control tests with written assessment of cognitive appraisal | 5 |
| Arrange the exercises order for neck pain employee's therapeutic program. Understand the ppprogression of therapeutic exercise programs. | Lectures, practical training, discussion, study at home | Intermediate control tests with written assessment of cognitive appraisal | 5 |
| • Apply the exercises to individuals with neck pain. | Lectures, practical training, discussion, study at home | Intermediate control tests with written assessment of cognitive appraisal | 5 |
| • Know how to manage the neck pain to office employees in work space | Presentation and practical application from the students | Intermediate assignments and final exams | 5 |
| | | Total | 30 |





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OBLIGATORY & SUGGESTED BIBLIOGRAPHY:

- . 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.
- . 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.
- . Thera-Band. (2012). Thera-Band Systems of Progressive Exercise. 1245 Home Avenue, Akron,, Ohio: The Hygenic Corporation.
- . Tobias, M., & Sullivan, J. P. (1992). Complete stretching. New York: Knopf.
- . Gerodeli A., Beneka A., Malliou P., Theodorakis Y., Zizi V. (2013). Recreational therapeutic exercise in office employees -PC users with chronic neck pain. Ergotherapy Apr Jun (54).
- . Mavromoustakos S (1989). Articular mobility assessment. Thessaloniki University Studio Press.
- . Mavromoustakos S (2008). PNF effectiveness in motor control in low back patient. PhD Democritus University of Thrace.

