

# PAINFREE



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## FRAMEWORK OF THE PROJECT



According to the 2019 Global Burden of Disease (GBD) research, a methodology developed by the World Health Organization, which assesses the fatal and non-fatal consequences of diseases and injuries, 1.71 billion people worldwide suffer from musculoskeletal problems, such as neck and back pain discomfort, affecting all people equally, whether young or old, with direct consequences such as years of healthy life lost through disability, direct health care costs, as well as indirect costs through lost productivity and absenteeism from work.

The World Health Organization (WHO) reports that an individual needs:

-At least 150 minutes per week of moderate-intensity aerobic physical activity, or 75 minutes per week of dynamic-intensity aerobic physical activity, or a combination of both

-Muscle-building workouts at least two days a week for a stabilized spine and proper posture.

Being physically and mentally fit requires regular exercise and participation in sport. Sports and physical activity assist combat difficulties with weight and obesity, which in turn leads to a healthier spine.

The "PAINFREE" project is developed in the framework of the **European Erasmus+ Sport Program** and will address the widespread problem of musculoskeletal pain among the population and its incidence in the workplace at European level.

All participating organizations share the view that one of the main priorities of European economies is to promote the health and well-being of their citizens.

## PROJECT OBJECTIVES

The main objective of the project is to encourage a healthy lifestyle in the workplace through the promotion of physical exercise and sport.

Other intermediate objectives:

- + To identify existing knowledge about back pain and improve the understanding of its origins, causes and effects.
- + To develop an innovative method for prevention and self-care of back pain.

The long-term objective is to promote healthy working environments and to reduce disorders associated with musculoskeletal diseases and their incidence in absenteeism at European level, which entails significant costs for workers and companies.



## DURATION

January 2024 to December 2025

## BENEFICIARIES

The direct beneficiaries of the project are:

- + Workers and companies, who will benefit directly from the activities and results of the project.
- + Professionals organizations related to health and sport: sports instructors and trainers, doctors, physiotherapists, experts in occupational risk prevention and other professionals who will contribute with their knowledge to the project development process.

## PROJECT ACTIVITIES AND EXPECTED RESULTS

Among the most important activities to be developed in the project:

1. Study on musculoskeletal diseases, mainly disorders associated with back pain, with the aim of improving knowledge about the causes of these disorders and the preventive measures that can be adopted through physical activity and the practice of sport.
2. Development of a training program with evidence-based techniques to improve well-being and quality of life at work.
3. Organization of pilot courses to test the training programs in all partner countries: Croatia, Spain, Italy, Bulgaria, Belgium and France



4. A variety of events related to health and sport will take place at national level during the celebration of the annual EU Sport Week, in the years 2024 and 2025 period in which the project will be developed.

5. Development of an App that will compile digital content on healthy living, physical activity, sport and its relationship with the prevention of musculoskeletal diseases.

## PARTNERSHIP

The PAINFREE project brings together a group of European organizations with different profiles, relevant at national and European level in the fields of health, sport and work.

### Coordinator:

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### Partners:

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6. Dissemination materials about health at workplace to communicate the project, raise awareness and present the final results to the project audience.



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