

Project Title: Movement promotion for office workers with low back pain

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Introduction: increased sitting time at work, increases the risk of cardiovascular disease, obesity, diabetes and even earlier mortality. Therefore, it is promoted to reduce sedentary behaviour with standing work and more movement at the office. However, it is found that the reduction in sitting behaviour decreases over time (Shrestha et al. 2016). Also, it can be questioned if movement promotion is also possible for people with low back pain (LBP).

Aim: To analyse why people don't change their sitting behavior considerably at work by focussing mainly on two possibilities: behaviour change and physical constraints.

Methods: A variety of questionnaires is used to assess pain intensity, disability, perception and cognitions about pain and kinesiophobia: Visual analogue scale, Pain Disability Index, Pain Catastrophizing Scale and Tampa scale for kinesiophobia. Also a basic physical recuperation test is performed to analyse if people are able to move more. Analysis of sitting behaviour is performed using subjective and objective measurements. Movement promotion is done by a combination of different initiatives.

Publications:

Shrestha N., Kukkonen-Harjula K.T., Verbeek J.H., Ijaz S., Hermans V., Bhaumik S. (2016), Workplace interventions for reducing sitting at work. Cochrane Database of Systematic Reviews, Issue 3. Art. No.: CD010912. DOI: 10.1002/14651858.CD010912.pub3.