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## EUROPSKI TJEDAN SPORTA

### *PAIN FREE* EU ERASMUS+ SPORT PROJEKT

U sklopu Europskog tjedna sporta, koji se obilježavao od 23. do 30. rujna 2024. godine, na Fakultetu zdravstvenih studija Sveučilišta u Rijeci kao hrvatskom predstavniku tog Erasmus+ Sport projekta, održavalo se organizirano vođenje treninga od strane studenata fakulteta. Plan i tijek treninga pratio je tematiku samog projekta – bolni sindrom leđa te zdravstveni problemi kralježnice kod radne populacije koja većinu radnog vremena provodi sjedeći, u uredima. Obzirom na to, vježbe koje su se izvodile su uobičajene vježbe za pravilnu posturu, stabilizaciju trupa i jačanje mišića cijelog tijela, s naglaskom na mišiće trupa. Naglasak je bio upravo na pravilno izvođenje spomenutih vježbi, uz kontrolirane i svrsishodne pokrete kako bi vježbe bile što učinkovitije pa se po potrebi ispravljalo izvođenje vježbe kod sudionika kojima je bilo potrebno. Samim time, sudionici su se educirali i dobili uvid u preventivne vježbe koje mogu i sami izvoditi, što je ključno za suzbijanje mogućeg problema bolnih leđa. Treninzi su se izvodili 3 puta tjedno po sat vremena, svaki drugi radni dan, u 2 grupe po 10 sudionika.



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