



ΠΑΝΕΠΙΣΤΗΜΙΟ ΔΥΤΙΚΗΣ ΑΤΤΙΚΗΣ

ΣΧΟΛΗ ΕΠΙΣΤΗΜΩΝ ΥΓΕΙΑΣ ΚΑΙ ΠΡΟΝΟΙΑΣ

Τμήμα Φυσικοθεραπείας

## PhD Thesis Summary

### Title

«The effect of microbreak exercise intervals in office workers aged 50 years plus and their inclusion in employee health policy»

**Irene Drizi**

### Consulting Supervisory Committee:

**Vasiliki Sakellari**

Professor in Physiotherapy  
Erasmus Academic Head of School of Health and Care Sciences  
Department of Physiotherapy  
School of Health and Care Sciences  
University of West Attica (UNIWA)

**Panagiota Sourtzi**

Professor in Occupational Health Nursing  
Division of Public Health  
Faculty of Nursing  
School of Health Sciences  
National and Kapodistrian University of Athens

**Maria Moutzouri**

Assistant Professor in Physiotherapy  
Department of Physiotherapy  
School of Health and Care Sciences  
University of West Attica (UNIWA)

PhD thesis of Irene Drizi at the Department of Physiotherapy of the University of West Attica combines the fields of ergonomics and health policy. Supervising Professor is Mrs. Vasiliki Sakellari.

Musculoskeletal disorders is the most common work-related problem in Europe, as millions of workers suffer from musculoskeletal problems which leads to negative consequences both for themselves and for the economy. The ageing of the workforce, combined with the fact that long-term health problems and chronic diseases increase with age, makes it necessary to adopt sustainable policies to prevent further musculoskeletal disorders, particularly among older workers, as long as to ensure safe, healthy and fair working conditions.

The aim of this thesis is to develop and evaluate a series of micro-intermittent activities during office work, adapted for employees aged 50 years plus, that will prevent the onset of symptoms occurring at work from existing musculoskeletal disorders. In addition, the aim of the work is for the organizations to integrate, adopt and implement micro-break activities in the Health Policy for older employees.