

# The REBALANCE Project

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**Background:** In 2019, "working from home" became the new norm<sup>1</sup>, increasing sedentary behaviours, prolonged sitting, screen time, poor posture, and mobility issues<sup>2</sup>. Physiotherapists and fitness trainers faced remote challenges and required skills for online training and support.

**Aim:** The REBALANCE project aimed to equip physiotherapists and fitness training professionals with digital educational materials on technologies, tools, and trends, enabling them to adapt their services to meet clients' needs in remote locations.

## Methods:

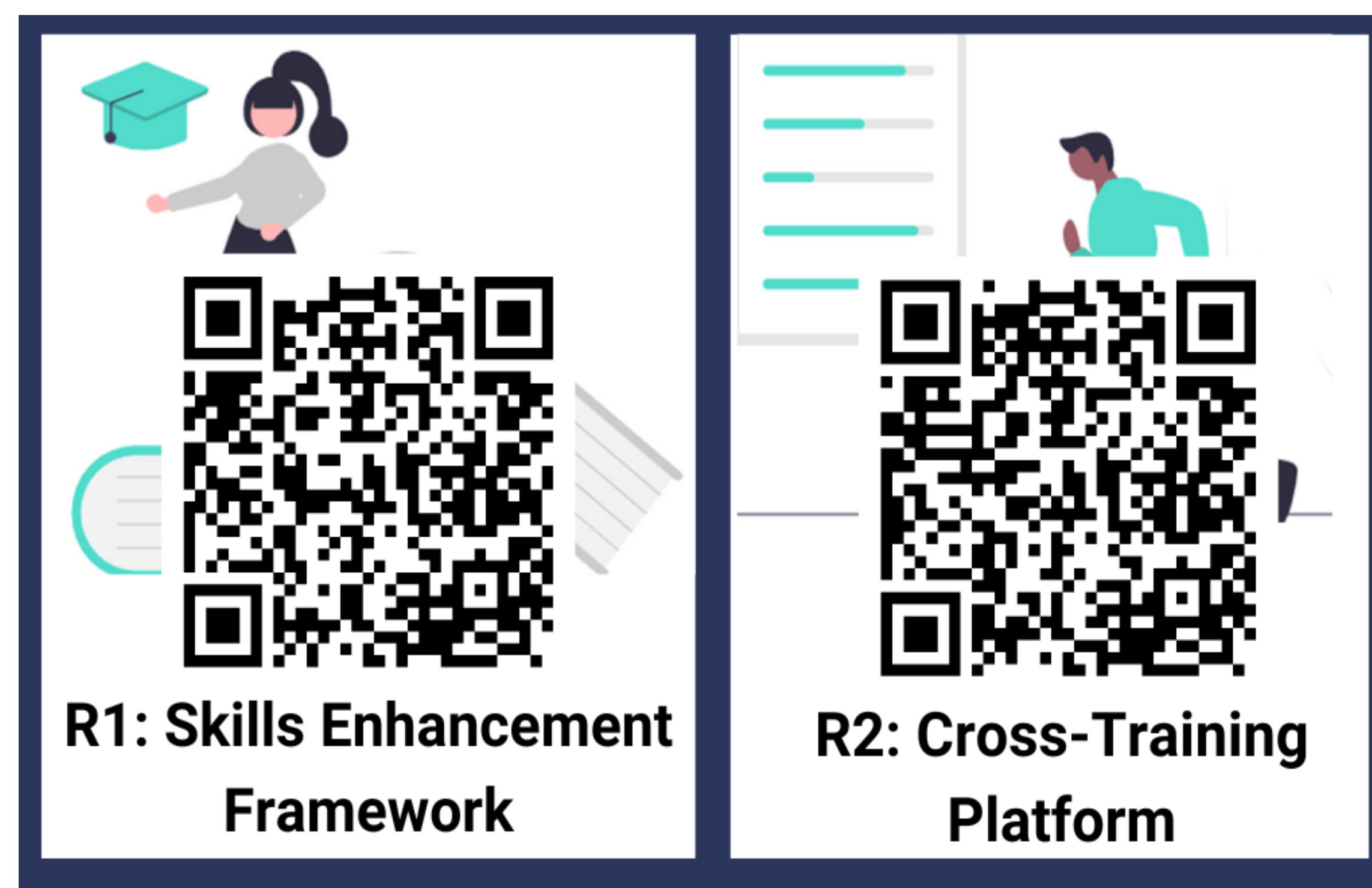


## Results:

**R1:** Curriculum and E-learning Micro-credential Course to provide insight on integrating digital tools in practice to support and train clients online.

**R2:** An exercise suite of activities to offer targeted remote exercise support tailored to their client's specific movement abilities and needs.

**R1** and **R2** are embedded in the **REBALANCE Club** [scan the **QR** codes or visit the project **website**: [www.rebalance.erasmusplus.website/](http://www.rebalance.erasmusplus.website/)].



**Impact:** The REBALANCE project enhances professional movement services across Europe by addressing the digital skills gap in remote guidance (R1) and providing online tools (R2) for physiotherapists and trainers to adapt and offer tailored exercise guidance to support clients' movement needs.

## References

1. Minoura A, Ishimaru T, Kokaze A et al. (2021) Int J Environ Res Public Health. 18(23), 12363.
2. Fukushima, N., Machida, M., Kikuchi, H et al. (2021) J Occup Health, 63(1).

## Project Partners:

