

Abstract

The aim of this work was to verify the effectiveness of the proposed secondary prevention of back pain in cervical and thoracic spine in women working at the computer. The program was introduced into a normal business day and was either just motion or added meditation. The effect of the movement program (for all women) and the influence of meditation (half of the women) on selected items (intensity of pain, stress, anxiety, regularity of exercise) were monitored.

The study lasted for seven weeks and was attended by six women who were divided into two groups. The first group only performed the motion program, and the women in the second group above that meditated.

The preventive program itself proved to be successful in reducing pain and improving posture. From the results, it can be seen that meditation may positively influence the course of the preventive program to a certain extent, namely regularity in exercise, intensity of pain, stress and anxiety.

Key words: back pain, meditation, working environment