

Implemented Projects

IPA CBC Serbia – Bosnia and Herzegovina

Name of the project: **Improving Testing Abilities on Postural and Spinal Column Status- SpineLab**

General Objective:

Contribute to detection and prevention of children and youth health problems with sensorimotor apparatus in Srem and Sarajevo Canton

Specific objectives:

- 1. Proper identification of sensorimotor apparatus and spinal column problems**
- 2. Raising awareness of target groups and informing community about the importance of prevention and detection of sensorimotor apparatus problem**

Project description:

Improving Testing Abilities on Postural and Spinal Column Status- SpineLab, a project implemented under the European Union's IPA Cross Border Cooperation Programme Serbia-Bosnia and Herzegovina by two Faculties of Sport and Physical Education from the University of Novi Sad and University of Sarajevo. The primary goal of the project implementation was to improve the testing procedures in regards to the postural and spinal column status analyses in children and youth. Concerning the current increasing rate of postural disorders and the lack of proper testing equipment and care, the leading sport and health institutions in the two neighbouring countries Serbia and Bosnia and Herzegovina have come to a conclusion that immediate measures are to be taken so as to prevent serious future health issues. The project implementation took place in two countries Serbia and Bosnia Herzegovina for the implementation period of 15 months.

For the purposes of achieving the first specific objective of the project, *Proper identification of sensorimotor apparatus and spinal column problems*, the two partners conducted a thorough market research in procuring the most appropriate and innovative testing technology, that will satisfy the conditions of performing fast, easy and safe postural status analyses. SpineLab project implementation included children between the ages of five and twelve. This age group was defined in accordance with the previous research, confirming that this age is crucial for deformity development. If the deformities are discovered at this age they are treatable and easily preventive. Research team was formed consisting of experts and young students enrolled in Doctoral studies at the Faculty of Sport and Physical Education University of Sarajevo. They were offered an opportunity to gain additional education in the field of postural issues and to in their respective way contribute to general health improvement of the community. It is important to mentioned great cooperation with the educational institutions which have participated in various project activities whose support will most certainly prove to be of great value in later stages of postural detection and prevention. During the project implementation 1610 children were tested in Serbia and Bosnia and Herzegovina. Results obtained from the testing activities were analysed by experts in the field of medicine and health, which were then distributed to relevant target groups, mainly parents including additional recommendations on how to proceed in the future. Mostly the results indicated slight deviations from the standard requirements in which case corrective exercises were recommended; however there were cases where children with serious postural problems were detected. These were recommended to seek professional help from the relevant medical institutions.

The second specific objective *Raising awareness of target groups and informing community about the importance of prevention and detection of sensorimotor apparatus problem* was achieved by conducting a number of media promotional events, educational sessions and conferences including all the relevant project target groups. There were 5 radio and 11 TV appearances, followed by 7 press articles and a number of online articles and videos in both neighbouring countries for the purpose of promoting various project activities,

including testing, educational sessions, doctor conferences and sport event for children. Parent and teacher educational sessions were organized prior to testing activities so as to inform parents and teachers on the seriousness of this issue, offering precise instructions regarding their specific obligations and the scope of their influence.

Doctor Conferences were held in Sremska Mitrovica and Sarajevo as a result of testing activities with a purpose of creating a network of sustainable partnership between the two Faculties, parents, educational workers and doctors. The two conferences gathered around 300 participants, mostly doctors, young researchers and students from both neighbouring countries. As an additional activity, the project implementation included the design of corrective exercise programmes, which were made available online – YouTube. Finally, Sport Event for children was organised on 15th November 2014, which was the last project activity to be implemented.

SpineLab project implementation was successfully concluded by first and foremost improving the testing of postural deformities in children, procuring the state of the art equipment, obtaining modern postural testing procedures and analyses, acquiring newly educated researchers and scientists, raising awareness of the wider audience on the seriousness of postural disorders and re-establishing good neighbourly relations and Faculties' cooperation.

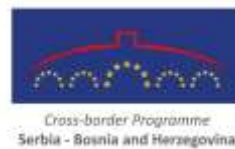
Implementing organisations/Partners:

Faculty of Sport and Physical Education, University of Novi Sad
Faculty of Sport and Physical Education, University of Sarajevo

Project financed by the European Union



Programme: **IPA CBC Serbia – Bosnia and Herzegovina**



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Physical Education,

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Duration: 15 months

Countries: Serbia, Bosnia and Herzegovina

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