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Sommario/riassunto	<p>Forestry work is a physically demanding activity and is accompanied by intensive stress on the musculoskeletal system. The professional group of foresters is therefore not affected by the risk factor of lack of exercise, which is widespread in today's society. Rather, stereotypical movement patterns are responsible for the development of muscular imbalances, which in turn can be etiological for back problems. In the context of the present study, the conditions and work activities in forest work were first analyzed. On the basis of a biopsychosocial approach, a movement-based intervention for foresters was designed. The goal was to reduce work-related stress in the sense of sporting balance training and to strengthen specific health resources. The intervention was implemented in the operational context for a period of three years. The evaluation was based on selected motor and psychosocial parameters and an analysis of the sick leave. The results clarify the necessity of a movement-related intervention in a job profile with a comparatively high physical load and it was shown how such a measure can be implemented in the long-term in the operational context. The evaluation was based on selected motor and psychosocial parameters and an analysis of the sick leave. The results clarify the need for a movement-related intervention in a job profile with a comparatively high physical load and it was shown how such a measure</p>

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