

**DEVELOPMENT AND EVALUATION OF A PHYSICAL THERAPY - BASED
EXERCISE PROGRAM FOR REDUCING SEDENTARY BEHAVIOR AMONG
DESKBOUND EMPLOYEES IN THE UNIVERSITY OF PERPETUAL HELP SYSTEM
LAGUNA**

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ABSTRACT

This study aimed to develop and evaluate a Physical Therapy-based exercise program designed to reduce sedentary behavior among deskbound employees at the University of Perpetual Help System Laguna. Sedentary behavior, particularly prolonged sitting during work hours, has been associated with various health risks such as cardiovascular diseases, obesity, musculoskeletal disorders, and decreased physical fitness. Given the increasing prevalence of deskbound occupations, there is a growing need for practical and evidence-based workplace interventions that promote physical activity and overall wellness. A descriptive-developmental research design was utilized in the study. Surveys were administered to deskbound employees to determine their daily sitting habits, perceptions regarding sedentary behavior, and perspectives on workplace exercise programs. The collected data served as the basis for the development of a Physical Therapy-based exercise program tailored to the employees' needs and workplace conditions. The proposed program was then evaluated by licensed Physical Therapists using the criteria of feasibility, relevance, completeness, and applicability through a Likert scale-based evaluation tool. Findings revealed that prolonged sitting remains highly prevalent among deskbound employees, emphasizing the necessity of implementing structured physical activity interventions within the workplace. The proposed exercise program was generally evaluated positively by both stakeholders and experts, indicating its potential effectiveness in reducing sedentary behavior and improving employee well-being. The study highlights the importance of integrating Physical Therapy-guided exercise interventions in workplace settings to promote healthier lifestyles, improve productivity, and support long-term occupational health and wellness.

Keywords: sedentary behavior, deskbound employees, Physical Therapy-based exercise program, workplace wellness, physical activity