

ANNUAL REPORT

# ***MOVING FORWARD*** ***2022***





**The International Federation of Sports Physical Therapy (IFSPT)** is a worldwide Federation representing thirty-nine national sports physical therapy organisations.

The IFSPT is the international resource for sports physical therapists, serving people and athletes of all ages and abilities.

Join us in our quest to create an environment for safe participation in sport and physical activity, through excellence in education, research, practice, and clinical specialization.



*The IFSPT Executive Board and Staff, left to right: Ummukulthoum Bakare (NGR), Representative at Large, Member Research Committee; Carlo Ramponi (ITA), Vice President, Membership Chair; Mary Wilkinson, Director of Marketing, Marketing Chair; Aleksander Killingmo (NOR), Representative at Large and Assistant Secretary; Luciana De Michelis Mendonça (BRA), President; Chris Napier (CAN), Secretary, Research Chair; Suzanne Gard (SUI), Treasurer and Education Committee Chair; Kenneth Watt (UK-Scotland), Representative at Large and Education Committee.*

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# EXECUTIVE BOARD AND STAFF

## **President - Luciana De Michelis Mendonça**

*(Brazil)*

Luciana has been a SONAFE (Brazilian National Society of Sports Physical Therapy) associate since 2007 and has always engaged to help her profession grow. She took part in the Organizing Committees of three SONAFE's Conferences. Moreover, she now has six years of dedication to SONAFE's Executive Board. She is the first female president of SONAFE (2016-2017), in a country with many restrictions to women's participation in sport and politics. Luciana is a teacher in a Federal University in Brazil (Universidade Federal dos Vales do Jequitinhonha e Mucuri - UFVJM) and develops research in the Sports Physical Therapy field. She was the coordinator of a Postgraduate Program in Rehabilitation and was a visiting professor at UGENT (Ghent, Belgium).



## **Vice President - Carlo S. Ramponi**

*(Italy)*

Carlo Ramponi started to work in sport rehabilitation a few months after completing his Physiotherapy degree, working with professional athletes and or teams.

His principal interests are muscle injuries, ACL and shoulder instability rehabilitation. He works as part of the health team in Kinè rehab center, in national teams and in sports clubs. He has also been involved in professional association committees for many years. Carlo is a former president of the Group of Italian Sports Physical Therapists (GISPT). The GISPT is a young group which started in 1997 and joined IFSPT for the first time in 2001. He completed his Postgraduate diploma in SPORT Rehabilitation at the University of Genoa in 2007. Carlo teaches in SPT Postgraduate diploma at the Biomedical Campus University in Rome and in Physio graduate course at the Padoa University. He is serving IFSPT also as chair of the membership committee with the final goal to engage more MOs and support our community to increase together in power and strength.



## **Treasurer - Suzanne Gard**

*(Switzerland)*

Suzanne discovered the IFSPT when she studied in the MSc in sports physiotherapy in Bath. The MSc was tailored to meet the 11 competencies defined by IFSPT. Suzanne has been very active during her career in developing CPD, organizing courses, conferences, and workshops in Switzerland and internationally. For five years she taught at the University for physiotherapists in the bachelor's degree and postgraduate departments. She travels with teams and works pitch side on major tournaments, and major events like the Olympic Games. Her work on the board of societies, like EUSSER, RRMES and Sportfisio Swiss, has inspired change and makes our profession thrive.



## **Secretary - Chris Napier**

*(Canada)*

Chris Napier graduated from Curtin University's Master of Physiotherapy program in 2003. While waiting for his accreditation in Canada, he started his first sport physiotherapy job with Vancouver's professional soccer team (the Whitecaps). From there, Chris worked with a variety of sports and abilities including basketball, field hockey, alpine skiing, and athletics. He has been part of the medical team for the Pan Am, Commonwealth, and Summer and Winter Olympic Games, as well as multiple World Championships in Alpine Skiing and Athletics. Chris began volunteering his time to Sport Physiotherapy Canada shortly after graduating, joining the provincial section executive where he served for 10 years (2005-2015) before joining the national executive (2016-2020). While on the national executive, Chris brought the World Congress of Sports Physical Therapy to Canada where it was successfully staged in conjunction with a revitalized Sport Physiotherapy Canada Congress in 2019. He obtained his Sport Physiotherapy Canada Diploma in 2007, became a Registered International Sports Physical Therapist in 2017, and went on to com-





plete his PhD (Running Biomechanics and Injury Prevention) in 2018. He currently serves as Sport Physiotherapy Canada's liaison with the IFSPT and Chairs the Sport Physiotherapy Canada Conference Organizing Committee.

#### **Member-at-large - Kenneth Watt (UK)**

Kenny is an experienced musculoskeletal and sports physiotherapist based in Edinburgh, Scotland. He is a Director and Consultant Physiotherapist at project: physio, where he specialises in musculoskeletal, sports, and orthopaedic rehabilitation. Prior to joining the IFSPT board, Kenny spent 6 years as the Regional Representative for Scotland for the Association of Chartered Physiotherapists in Sports and Exercise Medicine, taking an active role in the organisation and development of CPD opportunities and networking events.

Kenny has presented at a number of national sports medicine conferences, as well as appearing on a numerous clinical webinars. His sports work includes 4 World University Games and 3 Commonwealth Games with Team GBR and Team Scotland respectively. He continues to work actively in national and international level sport.



#### **Member at Large - Aleksander Killingmo (Norway)**

Aleksander has been a board member of the Norwegian Sports Physical Therapist Organization since 2015. His connections with decision makers in Norway has already

resulted in new partnerships for IFSPT.

Aleksander promotes partnership and collaboration with large international organizations such as FIFA, IOC, IAAF, and FIS. He suggests IFSPT should be a central consultant in arranging sport events, leagues and teams regarding the need for a sports physiotherapist and a guarantor for the quality of sports physiotherapists. Aleksander's goal is to position IFSPT as the "go to" organization for everyone in need of a Sports Physiotherapist!



#### **Member at Large - Ummukulthoum Bakare (Nigeria)**

Ummukulthoum Bakare completed her Doctorate in Physical Therapy at the University of Witwatersrand in South Africa. Her research is focused on women's football and injury prevention. She is a founding member of the Nigerian Sports Physiotherapy Association and is active in disseminating the FIFA11+ injury prevention programme in her native country and across Africa.

Her passion has centred around the sports of football, basketball and para-athletes. She received her Bachelor of Physical Therapy and her Masters of Physical Therapy from the College of Medicine, University of Ibadan, Ibadan, Nigeria. Ummukulthoum has worked as a physical therapist since 2001 and has won several awards for her service locally, regionally and internationally. She is a member of the Medical and Scientific Commission of the Nigeria Olympic Committee and an Associate Editor for the *British Journal of Sports Medicine*.



#### **Staff**

##### **Mary Wilkinson - Director of Marketing**

Mary Wilkinson is president of Opus Design Group, a marketing-based creative company in Indianapolis, Indiana.



Mary's background spans many consumer and business to

business fields; however, she has worked in the healthcare field for 35 years, and with physical therapists for 25. Mary's responsibilities for the IFSPT include marketing strategy and execution, communications with both member organizations and outside organizations, event execution, marketing support for member organizations, and strategic planning consultation for the Board of Directors. She also is responsible for graphic design and website management, as well as coordination of RISPTs.

A many-times-over award winner for her creative and marketing campaigns, Mary began work with the IFSPT in 2005, becoming the Marketing Director in 2011. She has served under every president of the IFSPT. She is also Executive Director of the *International Journal of Sports Physical Therapy*.

# PRESIDENT'S REPORT 2022

*Luciana De Michelis Mendonça*

The Executive Board (EB) is working in a more organized and connected way than ever! In 2022, our main tasks were to move the IFSPT bank account out of the United States to Switzerland, register the IFSPT in the country that would receive our bank account, and increase IFSPT income through sponsorships and collaborative paid learning opportunities.

The decision of where to open our bank account was based on information related to the ability to perform transactions online, which are not allowed in the United States due to security concerns. IFSPT decided to move the bank account to Switzerland, due to its robust experience in international banking. For that, we were required to have the IFSPT registered in that country. Because of the Swiss laws, and also an updated alignment requested by World Physiotherapy, the EB has once again revised our by-laws. The team worked hard on the articles review. With all steps running well, we received approval during the General Meeting and we can now proceed in publishing our new by-laws.

World Physiotherapy delivered a face-to-face summit March 12 and 13, 2022, with all subgroups and member organizations to discuss strategic planning for the upcoming years. As president, I participated, representing the IFSPT. IFSPT has submitted two proposals for focus symposia for the 2023 World Physiotherapy Congress and one has been approved! IFSPT will also deliver a networking session during the congress.

IFSPT had a successful Fourth World Congress of Sports Physical Therapy in Nyborg, Denmark, in August 26 and 27, 2022. The quality of all sessions, speakers, and being able to meet people again after the pandemic, as well as sports activities offered during lunch breaks, made this unique congress magic. I appreciate the efforts of the organizing committee and scientific committee represented by Lars Damsbo and

Kristian Thorborg. It was the first time that sessions were delivered in partnership with the *BJSM* and about athlete's voice! For sure the pandemic interfered with the lower-than-expected attendance. We hope we can increase the participation in future events. Thanks to all the attendees!

It is exciting that the IFSPT is in process of two consensus statements: one about Physical Activity, led by Mette Aadahl and Kristian Thorborg, and another for updating the IFSPT competencies, led by Chris Napier and Maria Constantinou. We also maintain a solid relationship with the *IJSPT*. The IFSPT Research and Education Committees are working closely to IJSPT to improve this partnership.

During 2022 I was invited to speak at several conferences, mostly delivered by our member organizations. I represented the IFSPT in conferences in Denmark, for the 4th WCSPT, and Paris (both on site); Japan, Korea, Norway, Belgium, Switzerland, Greece, Finland and United Kingdom (all online).

Last of all, I appreciate all EB members and Mary Wilkinson's efforts towards IFSPT growth! We must be aware, always, that the mission of IFSPT is to be the main source for sports PT and to bring sports physical therapy awareness globally, for all!

Sincerely,



IFSPT President Luciana De Michelis  
Mendonça





# FOURTH WORLD CONGRESS OF SPORTS PHYSICAL THERAPY

## AUGUST 25-27, 2022

On August 25-27, the Danish Sports Physical Group hosted the world at the Fourth World Congress of Sports Physical Therapy. Over 475 people from 37 countries met in Nyborg, Denmark, about one hour from Copenhagen, directly on the ocean. The star-studded speaker list was a draw for those fresh out of the gate from COVID-19 restrictions, along with the many social and networking opportunities.

### IFSPT EVENTS: AUGUST 25

Thursday, August 25 kicked off with a working session of the IFSPT Board of Directors. This was the first time our entire current Executive Board was able to meet face to face, due to COVID restrictions. The four hour working session carried over through lunch before the IFSPT Networking Session, where Member Organizations were able to share their thoughts and ideas freely. Over 60 individuals representing 30 Member Organizations were present for the discussions.

The official General Meeting followed where several important topics were reviewed and voted upon, including the revisions to our Articles, member benefit initiatives, educational opportunities and more.

The day wrapped up with a 1 km stroll down the beach for a joint delegate/speaker dinner and plenty of time for socializing.

### DAY ONE: AUGUST 26

Karen Litzy (US) and Professor Kristian Thorborg (DK) presented the opening ceremony, followed by a symposium on the Unbreakable Young World Athlete. Presenters Ummukulthoum Bakare (NGR), Dr. Mario Bizzini (SUI), and Dr. Luciana De Michelis Mendonça (BRA) were featured, while the symposium was chaired by Karen Kotila (DK), and Professor Thorborg.

Symposia regarding the adolescent athlete, tendinopathy, muscle injury prevention, as well as



*Delegates, attendees and IFSPT board members are shown outside the main hall after the IFSPT General Meeting in Nyborg, Denmark.*





**Chris Napier (CAN), IFSPT Secretary and Research Chair, Eduardo Tonarelli (ARG), Pablo Policastro (ARG) and Luciana De Michelis Mendonça (BRA), IFSPT President, celebrate after the presentation of the inaugural Alfa Care Award.**

**Alfa Care award** was presented to Eduardo Tondelli from Argentina, as well as awards for the infographic competition.

Throughout the day, networking breaks were held to allow participants to connect with one another, the speakers and with our exhibitors and sponsors.

## DAY TWO: AUGUST 26

The day began with a symposium on the brain in sports related injury/pain: Local structural damage

five parallel sessions and the infographic competition followed.

In the evening, a Gala dinner was held with music and dancing following. The first annual

*Kristian Thorborg and Karen Litzy discuss the success of vodcasts in reaching international members.*

or central changes. After a networking coffee break, five parallel sessions were repeated twice to allow participants to make multiple selections.

The afternoon finished with two symposia: physical activity: that the sports physical therapist needs to know, and motivation for exercise as medicine. Next, the oral abstract competition was held, featuring the six best rated abstracts.

The closing ceremony, complete with an inspiring video, was presented by Dr. Luciana De Michelis Mendonça, Brazil, IFSPT president, and Lars Damsbo, Denmark, DSSF president.



## NEW THIS YEAR

New to this World

Congress were physical activity breaks in the middle of the day for participants. Organized activities such as yoga and beach volleyball, were provided, as well as time for attendees to do their own activities or network. These breaks were well-received by participants, who also enjoyed the healthy bag lunches provided for them.

Coffee breaks were also extended to allow





*The IFSPT board and Danish organizing committee Berit Duus, Christina Stavngaard, Bente Andersen, Lars Damsbo, Lisbeth Pedersen, and Kasper Spoorendonk relax following the closing ceremony. Thank you for an amazing Congress!*

attendees plenty of time to visit with the generous exhibitors and sponsors present, as well as one another!

Thank you to all who traveled to Denmark to join us! If you weren't with us...we missed you! Plan now to attend the Fifth World Congress of Sports Physical Therapy in Oslo, Norway, June 13-14, 2024, and the iFSPT and BSSP partnered course in Brussels, Belgium, September 21-23, 2023.

*Mario Bizzini (SUI) and Mary Wilkinson, IFSPT Director of Marketing, catch up at a coffee break.*



*The IFSPT board confers with the Belgian Federation of Sports Physiotherapy to plan the joint conference in 2023. Shown with the IFSPT board are Didier Florentz, Séverine Abellaneda, and Jo Verschueren.*



*The Tennis Band rocks the night away following the Gala dinner.*

# EDUCATION AND REGISTRATION COMMITTEE

Suzanne Gard, Chair

The IFSPT education and registration committee is chaired by Suzanne Gard (Switzerland) and Kenneth Watt (UK), and includes members Aleksander Killingmo (Norway), Chris Napier (Canada), and Ummukulthoum Bakare (Nigeria).

The RISPT subcommittee is comprised of Colin Paterson (UK) chair, Bente Andersen (Denmark), Maria Constantinou (Australia), and Sian Harries (UK), with support from Mary Wilkinson, Director of Marketing, for execution of RISPT tracking and certification.

The aim is to promote educational material and share educational resources relevant for sports physical therapists among members, and to support Member Organizations (MOs) in developing their own professional developmental pathways, as well as support countries in gaining RISPT approval for pathways, and promote individuals who become Registered International Sports Physical Therapists (RISPTs).

## EDUCATION: GOING FORWARD

After several networking sessions, meetings and discussions, it was agreed by the IFSPT executive board that IFSPT must develop educational resources and content. In addition, the entire EB has explored how to fund and support low-income Countries in relation to the education program.

The Education committee is working on a project for 2023 that will be of great value for IFSPT members.

Also, the IFSPT competencies are being reviewed for the need to update the content and this task will be taken by the Research Committee. This revision will generate new Education content.

## REGISTRATION: CONTINUOUS GROWTH

The number of RISPTs is growing and the larger this community, the more interest it raises. We are very happy to help our MOs build a recognized CPD pathway and to assist them in applying for RISPT recognition. Ultimately it helps in raising the quality of care for athletes of all ages and abilities across the world.

We have thirteen Countries with approved pathways.

RISPT numbers as of December 31, 2022:

Australia: 43  
Belgium: 5  
Canada: 119  
Denmark: 9  
Ireland: 3  
Italy: 13  
Netherlands: None  
Norway: 8  
New Zealand: 2  
Sweden: 11  
Switzerland: 4  
United Kingdom: 29  
Total: 246 active

Unfortunately, on December 31, 2021, United States RISPTs lost their status as the United States sports group did not move to rejoin IFSPT. We look forward in hopes of the United States returning to IFSPT, and its qualified members re-applying for RISPT status.

Five MOs have started the process to apply for approval of their pathway. In 2023, we plan to develop more standard information to help our MOs achieve this goal.





# RESEARCH COMMITTEE

Chris Napier, Chair

The IFSPT research committee includes Research Chair Chris Napier, Canada; Bakare Ummukulthoum, Nigeria; Derya Ozer Kaya, Turkey; Alexandre Rambaud, France; Jo Verschueren, Belgium; and Ben Waller, Finland. The main focus of the IFSPT research committee is translation and dissemination of research relevant for the sports physical therapy community. The IFSPT research committee has in 2022 worked towards bringing relevant national scientific sports physical therapy research environments and scientific journals to work closer together with national IFSPT member organizations to facilitate more research translation and dissemination.

The main achievements during 2022 were

- Fourth World Congress of Sports Physical Therapy. After a 3-year hiatus, approximately 500 members of the international sports physical therapy community gathered in Nyborg, Denmark for a stellar scientific and social program. We thank our Danish hosts and look forward to gathering again in two years for the Fifth World Congress of Sports Physical Therapy in Oslo, Norway!
- IFSPT Consensus Statement on Physical Activity in conjunction with the Fourth World Congress of Sports Physical Therapy, Denmark. Kristian Thorborg (Denmark) organized a Consensus Meeting on "Sports Physical Therapists' and Doctors' Roles as Physical Activity Consultants:

A Consensus Statement on How to Assess, Prescribe, Facilitate and Maintain Physical Activity as Medicine," held the day after the World Congress close. The meeting was led by Prof. Mette Aadahl and Prof. Kristian Thorborg, with four chairs for each topic: Assess (Prof. Mette Aadahl and Dr. Søren Skou); Advise/Prescribe (Dr. Jane Thornton and Dr. Thomas Bandholm); and Facilitate and Maintain (Dr. Heidi Klakk and Prof. Julie Midtgaard) to drive the writing phase of each of these sections in the Consensus paper.

- Applications for symposia and workshops at major conferences. The Research Committee has been very successful this year with regards to symposia and workshops at significant global conferences. The IFSPT hosted a workshop at Isokinetic Medical Congress in Lyon in May, directed by Bakare Ummukulthoum, IFSPT board member, and Mario Bizzini, former IFSPT



*Above: Morten Høgh presents a session on Pain and Sport at WCSPT4.*



*Left: Speakers for the IFSPT Session at the ISOKINETIC Conference in Lyon. Left to right: Ummukulthoum Bakare, NGR; Amy Arundale, US and Austria; Mario Bizzini, SUI; Karen Kotila, DEN; Osman Ahmed, UK; Suzanne Gard, SUI; and Alexandre Rambaud, FRA.*

# The IFSPT Research Committee completed its most prolific year in 2022.

board member. The Research Committee has also been awarded a focused symposium at the World Physiotherapy Congress to be held in Dubai in June 2023.

- Establish resources through research dissemination in different languages. An informal partnership between the IFSPT and the Argentino de Kinesiologia del Deporte (Argentina) to translate *IJSPT* articles into Spanish for their bi-monthly journal has so far resulted in three translated articles in 2022. We are seeking further similar partnerships with MOs in South America, Africa, and Asia.

- The IFSPT Perspective in *International Journal of Sports Physical Therapy (IJSPT)*. In 2022, the following articles have been published

- *Return to Play After a Shoulder Injury: Let's Not Put the Cart Before the Horse!* by Pablo Oscar Policastro and Paula Rezende Camargo

- *Injury Prevention in Women's Gymnastics – A Need for New Routines* by Charlotte Anker-Petersen and Kristian Thorborg

- *Addressing Psychological Factors in Sports Injury Rehabilitation – What is a Physical Therapist to do?* by Niklas Cederström, Simon Granér, and Eva Ageberg

- *The only certainties in life are... wait, I pay no taxes, and I'm not dead, yet. A letter from Qatar* by Rod Whiteley

- *Pain in Athletes: Current Knowledge and Challenges* by Rafael Krasic Alaiti and Felipe J.J. Reis.

- AlfaCare Award for early-career sport physiotherapists. The Research Committee initiated a new award made available out of the generosity of our new sponsor, AlfaCare. This award is for €1000 and is aimed at passionate early career sports physiotherapists to assist them to attend the World Congress of Sports Physical Therapy. This year's award winner, Eduardo Tondelli from Argentina, was publicly honoured at the Gala of the World Congress of Sports Physical Therapy on August 26, 2022 by representatives from AlfaCare and IFSPT. The winner of this award is expected to share the knowledge they obtained with their peers once they return home.
- Consensus statement on Sports Physiotherapy Competencies. Work has commenced on an update to the 2005 Sports Physiotherapy Competencies and Standards from the Sports Physiotherapy For All project. The aim is to bring these competencies up to date to reflect current competencies and standards expected of Sports Physiotherapy specialists globally.





# FINANCE COMMITTEE

Suzanne Gard, Chair

This year, the finance committee worked to improve IFSPT's efficiency from a financial point of view. As you know, IFSPT is just covering its costs, and the plan is to try and have some income to develop content for its member organisations.

## POSITIVE NEWS

IFSPT transferred, following the vote in the General Meeting, the bank account and the association registration to Switzerland to give IFSPT more flexibility in the day to day management.

Member Organizations also accepted a new fee structure, with a price per person that will help IFSPT to stabilize its income. This new structure goes into effect for the 2023 calendar year.

IFSPT is grateful for our platinum sponsor, Alfa Care, for their support to the mission of the federation. IFSPT also signed with a new Sponsor, Physitrack. Watch for more information on both!

IFSPT intends to begin a series of webinars in 2023 that will not only provide cost-effective education for our members, but also generate some additional income.

## CHALLENGES

The Fourth World Congress of Sports Physical Therapy, while enjoyed by its participants due to its interesting speakers, networking and social events, did not generate any income for IFSPT or for the Danish organization. This was a set back for IFSPT, as

10,000 EUR was budgeted as income from the Congress, which was the profit in past Congresses. There are many reasons for this situation, some due to the recent return to travel after the pandemic. In the future, Congresses will be monitored differently by the IFSPT.

The financial situation of IFSPT is still balanced as we made a provision for unexpected events in the budget and thanks to our sponsors. We will finish the year stronger financially than in recent years.



# COMMUNICATIONS AND MARKETING COMMITTEE

Mary Wilkinson, Chair

Marketing and communications are essential for a global organization such as IFSPT. IFSPT's Marketing Committee is hands on in the service of the Executive Board, the Federation, and all Member Organizations. Mary Wilkinson, president of Opus Design Group, serves as Director of Marketing and leads this Committee. Kenneth Watt, Representative at Large, is also part of the team to assist with social media duties and to spearhead new Facebook Live and RISPT social media projects. New initiatives via Twitter, Instagram, Facebook and LinkedIn have tripled IFSPT's reach in social media!

Marketing works closely with the Executive Board on many projects, and with the President, Vice-President, Treasurer and Secretary in evaluating initiatives and helping to maintain administrative systems within the Federation. In addition, Marketing works to assist in strategic planning, development and execution with the EB.

The largest initiative for Marketing this year was promotion of the Fourth World Congress of Sports Physical Therapy. IFSPT Marketing created literally hundreds of graphics, posts, Tweets and email communications in both English and Danish to drive attendees to the WCSPT. Marketing was also responsible for much of the "behind the scenes" work for the Board Meeting and General Meeting in Nyborg.

Marketing is responsible for soliciting and providing benefits for our sponsors, such as social media posts, e-communications, exposure at events and more. This is a core activity for this team and was a large part of Marketing efforts in 2022. This team also seeks out and provides tools for exposure for IFSPT at MO and partner events. The support of Sportfisio Swiss was much appreciated with the IFSPT display in the exposition hall at their 20th anniversary Sportfisio Symposium November 4. A group of 550 attendees also saw IFSPT through the greetings from President Luciana De Michelis Mendonça and graphics splashed across the congress hall screen.

Marketing also serves as a resource for Member Organizations in providing marketing and com-

munications guidance, as well as implementing resources for exposure of conferences and educational opportunities through IFSPT's website and networking.

Activities in 2022 also included

- Consistent newsletters, sent every other month. Marketing is also responsible for all email and social media communications on behalf of the IFSPT.
- Reaching out to member organizations to solicit articles and information for our newsletter and website.
- Website revisions and maintenance
- Management of the RISPT process for the Education and Registration Committee, including application processing, reminders for renewal, production and dissemination of certificates and maintenance of the roster.
- Support for the Membership Committee in communications with our MOs and facilitating our networking sessions.
- Support for the Treasurer in facilitating payments, accessing records and working through logistics of managing the United States bank. This responsibility will no longer be necessary in 2023 with conversion to the Swiss bank.
- Support for all members of the EB and all committees as needed to facilitate communications and execute projects
- Dissemination of relevant research articles and podcasts on social media (Twitter, Instagram, LinkedIn and Facebook).

Marketing is anxious to hear from your Member Organizations (MO) so that we may share your activities with your fellow MOs! Please submit news and articles to Mary Wilkinson at [mwilkinson@ifspt.org](mailto:mwilkinson@ifspt.org). In addition, any MO that wishes to have our newsletters sent directly to their members, please feel free to send a simple Excel spreadsheet including first name, last name and email, and we will send the newsletters and our communications to them on your behalf! We will not use these emails for any other purpose.



# MEMBERSHIP COMMITTEE

Carlo Ramponi, Chair

The IFSPT Membership Committee is currently comprised of Carlo Ramponi (Italy, Chair), Ummukulthoum Bakare (Nigeria), Aleksander Killingmo (Norway) and Kenneth Watt (UK-Scotland).

The IFSPT community is currently made up of thirty-nine MOs (almost 15,000 physios). This number has recently increased thanks to four new MOs approved during the last General Meeting.

The main achievements of 2022 were:

- Manage, support, guide and welcome new MOs: Cameroon, Israel, Poland, and Slovenia.
- Assist, through digital technology, all MOs with any information and clarification.
- Manage three delegate remote networking sessions (February, May and November 2022) and one face-to-face networking session at WCSPT, last August.
  - Sessions well attended by delegates from around the globe.
  - Sessions have been designed to follow two streams that will run consecutively: Administration focused and Educational focused. Sessions have been designed around communication of ongoing and upcoming IFSPT projects as well as opportunities for member organisation delegates to interact with each other.
- Manage the Delegate Slack project: establishment of networking tool to provide platform for member organisations to interact closely with each other.

- In accordance with and under guidance from World Physiotherapy, the committee has designed and proposed a new IFSPT Fee structure. Member organisations were provided with an outline of the proposal and the proposal was discussed among MO representatives. The new fee structure was approved at the recent General meeting.
- Explore projects to enhance the networking between our Member Organisations
- Update membership application forms
- Contact and explore new MO candidates for joining the IFSPT community

We would like to thank all members for their collaboration and engagement during networking sessions and communications. The IFSPT membership committee is pleased to see increased enthusiasm inside our community.



# FIFTH WORLD CONGRESS OF SPORTS PHYSICAL THERAPY

OSLO, NORWAY | JUNE 14-15, 2024



## Mark your calendars for the Fifth World Congress of Sports Physical Therapy!

From Research to Clinical Practice will be held June 14-15, 2024, in Oslo, Norway. The IFSPT Networking Session and General Meeting and election will be held on June 13. Most activities will be held at the conference center at the Clarion Hotel.

The scientific programme is nearly complete, and registration will open by the beginning of February.

*The IFSPT board and Norwegian WCSPT5 organizing committee members Kurt Tomas Nyheim and Kenneth Martinsen.*

The Fifth World Congress will feature everything our members have come to expect from the World Congress: engaging sessions, speakers who are expert in their field and global diversity. Networking events and social opportunities are part of the plans for the Fifth World Congress as well.

Be sure to watch for early bird registration. Register and reserve your accommodations as soon as possible to ensure the best prices.

We look forward to seeing all of you in Oslo next year! Stay tuned for more details.





# PARTNERED CONGRESS BFSP & IFSPT

## BRUSSELS, BELGIUM

SEPTEMBER 21-23, 2023



 JOIN US IN *Brussels*

SAVE THE DATE

 Belgian Federation Sports Physiotherapy



**22-23 September, 2023**  
**Holiday Inn**  
**IFSPT General Meeting**  
**21 September**

Join our hosts the Belgian Federation of Sports Physiotherapy and the IFSPT in a partnered Congress, September 22-23, 2023, in beautiful Brussels, Belgium!

This conference will also host an IFSPT networking session and general meeting the afternoon of September 21. During this meeting, IFSPT elections will be held for the next four year term, so we hope to see many of our delegates at this meeting! Social events and networking opportunities are also planned. What's more, Brussels is a beautiful and

vibrant city with many attractions, and is easily reached via plane, train or automobile.

The scientific programme is nearly complete and will be released early in the New Year, when registration will be opened.

Be sure to put this important event on your calendar and plan to join the IFSPT and BFSPT in Belgium!.

# WORLD PHYSIOTHERAPY CONGRESS DUBAI JUNE 2-3, 2023



The World Physiotherapy Congress 2023 will be held at Dubai World Trade Centre, Dubai's epicentre for events and business in the heart of the city.

Dubai is the largest and most populous city in the United Arab Emirates (UAE). On the southeast coast of the Persian Gulf, it is the capital of the Emirate of Dubai, one of the seven emirates that make up UAE.

## WHY ATTEND?

- Meet your international colleagues face to face for the first time in four years.
- Learn from world experts and leaders in their field as they share the latest findings.
- Listen to global perspectives on the profession's hot topics – reflecting experiences in low, middle and high income countries/territories.
- Discover new ways of thinking and the latest research to inform how you practice – 80% of previous participants said gaining new knowledge was a key benefit of attending.
- Over 130 scientific programme sessions to choose from, and over 800 poster and ePoster presentations across the event.
- 80% of previous participants rated their congress experience as good or excellent.
- 79% said they were likely to recommend attending a World Physiotherapy congress to a colleague or friend.
- A large exhibition showcasing the industry's latest innovations and services, including a startup zone and industry workshops.

- Join a range of informal sessions in the exhibition area including our popular Indaba sessions, industry workshops and campfires

If you can't make it to Dubai we have an online event option, 23-25 June 2023, that includes recorded content and live Q&A discussions with presenters from the in-person event

## THE IFSPT AT WP 2023

Dr. Luciana De Michelis Mendonça, IFSPT President, is a member of the World Physiotherapy Congress programme committee (CPC), supporting IFSPT's active role in WP. IFSPT will present a networking session at WP 2023 and will participate in other programme educational sessions.





## KEY DATES

Registration and housing opens **OPEN!**  
**October 2022**

Abstract outcomes  
**January 2023**

Final programme announced  
**March 2023**

Advance registration deadline (in-person  
event only)  
**15 May 2023**

In-person congress  
**2-4 June 2023**

Advance registration deadline (online event  
only)  
**16 June 2023**

Online event  
**23-25 June 2023**

“One of the benefits of a live, face-to-face Congress is the ability to interface with your fellow colleagues around the world,” Dr. Mendonça says. “While we have all become used to online education and communication, with the break of the pandemic World Physiotherapy recognizes the need to return to live communication with one another. The IFSPT saw this in action at our Fourth World Congress in Denmark in 2022.”

## INFORMATION ABOUT DUBAI

A global city and business hub of the Middle East, in 2018, Dubai was named as the world's second safest country and 20th happiest country. Bordered by deserts and beaches, Dubai provides stark contrasts, from intriguing Islamic culture to the ultra-modern, high-tech metropolis of the 21st century. The Emirate is an international conference, exhibition, and leisure destination. Expo 2020 has hosted more than three million visitors from 190 countries/territories.

Dubai's culture is firmly rooted in the Islamic traditions of Arabia. Courtesy and hospitality are among the most highly prized of virtues. Most forms of dress are acceptable, provided they are modest, covering knees and shoulders. Dubai society is marked by a high degree of tolerance for different lifestyles. International visitors are free to practice their own religion, and alcohol is served in hotels. Women face no discrimination and may drive and walk around unescorted. Despite rapid economic development in recent years, Dubai remains close to its heritage. Local citizens dress in traditional robes and head-dress.

Public displays of affection are best kept to a minimum. Kissing and hugging in public places is not permitted.

Dubai's public transport system is a safe and cost-effective way to reach Dubai World Trade Centre from key locations around the city.

## JOIN US IN DUBAI

Join the IFSPT and all World Physiotherapy subgroups and member organizations in Dubai in 2023 to share ideas, research, practice, education, policy, and service innovation.

For more information, go to  
<https://wp2023.world.physio/>



## MEMBER ORGANIZATIONS

Argentina	Japan
Australia	Luxembourg
Austria	Netherlands
Belgium	New Zealand
Bulgaria	Nigeria
Brazil	Norway
Cameroon	Poland
Canada	Portugal
Chile	Saudi Arabia
Cyprus	Slovenia
Denmark	South Africa
Finland	South Korea
France	Spain
Germany	Sweden
Greece	Switzerland
Hong Kong	Thailand
Indonesia	Turkey
Ireland	United Kingdom
Israel	Zambia
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