



E. M. R. S. S.

# Euro Mediterranean Rehabilitation

Summer School

## **A STRATEGIC AGENDA FOR EUROPEAN SOCIETY OF PHYSICAL AND REHABILITATION MEDICINE:**

TOWARDS CLINICALLY RELEVANT AND PATIENT- CENTRED PRIORITIES

**Klemen Grabljevec MD MSc FEBPRM**

ESPRM President



**ESPRM**

European Society of  
Physical & Rehabilitation Medicine



Univerzitetni  
rehabilitacijski inštitut  
Republike Slovenije Soča  
University  
Rehabilitation Institute  
Republic of Slovenia

## WHAT IS ESPRM?

**ESPRM is an umbrella organisation with 39 National PRM Societies in member countries**

- **European Society** as cover organisation gathers regularly twice a year the **General Assembly** of delegates of National PRM Societies (two delegates per country)
- to collect ideas, knowledge, proposals and also problems from all member countries.
- From this purpose we do – at least we try – to build partner relationship with further aim to build efficient, strong and multidirectional cooperation among European Society and all national PRM member societies.





# ESPRM Executive Committee 2023 - 2027



**Klemen Grabljevec**

President



**Sara Laxe Garcia**

Incoming President of Society



**Frane Grubisic**

General Secretary



**Paolo Boldrini**

Treasurer



**Rutger Osterthun**

Deputy Treasurer



**Stephen Zammit**

Member



**Xiaolei Hu**

Member



**Catarina Aguiar Branco**

Member



**Anda Nulle**

Member



**Roberto Casale**

Member



# ESPRM Scientific Advisory Board



**Xiaolei Hu**

✉ [xiaolei.hu@esprm.eu](mailto:xiaolei.hu@esprm.eu)

*Member*



**Levent Özçakar**

✉ [lozcakar@yahoo.com](mailto:lozcakar@yahoo.com)

*Member*



**Isabelle Bonan**

✉ [isabelle.bonan@chu-rennes.fr](mailto:isabelle.bonan@chu-rennes.fr)

*Member*



**Stefano Negrini**

*Member*



**Rutger Osterthun**

✉ [rutger.osterthun@esprm.eu](mailto:rutger.osterthun@esprm.eu)

*Member*



**Henk Stam**

*Member*



**Giorgio Ferriero**

*Member*

# ESPRM Youth Forum

## Youth Forum Executive Committee



**Ana Rita Aguiar**  
President  
Portugal



**Rade Lončar**  
Bosnia and Herzegovina



**Emanuela Elena Mihai**  
Romania



**Artem Oberniak**  
Ukraine



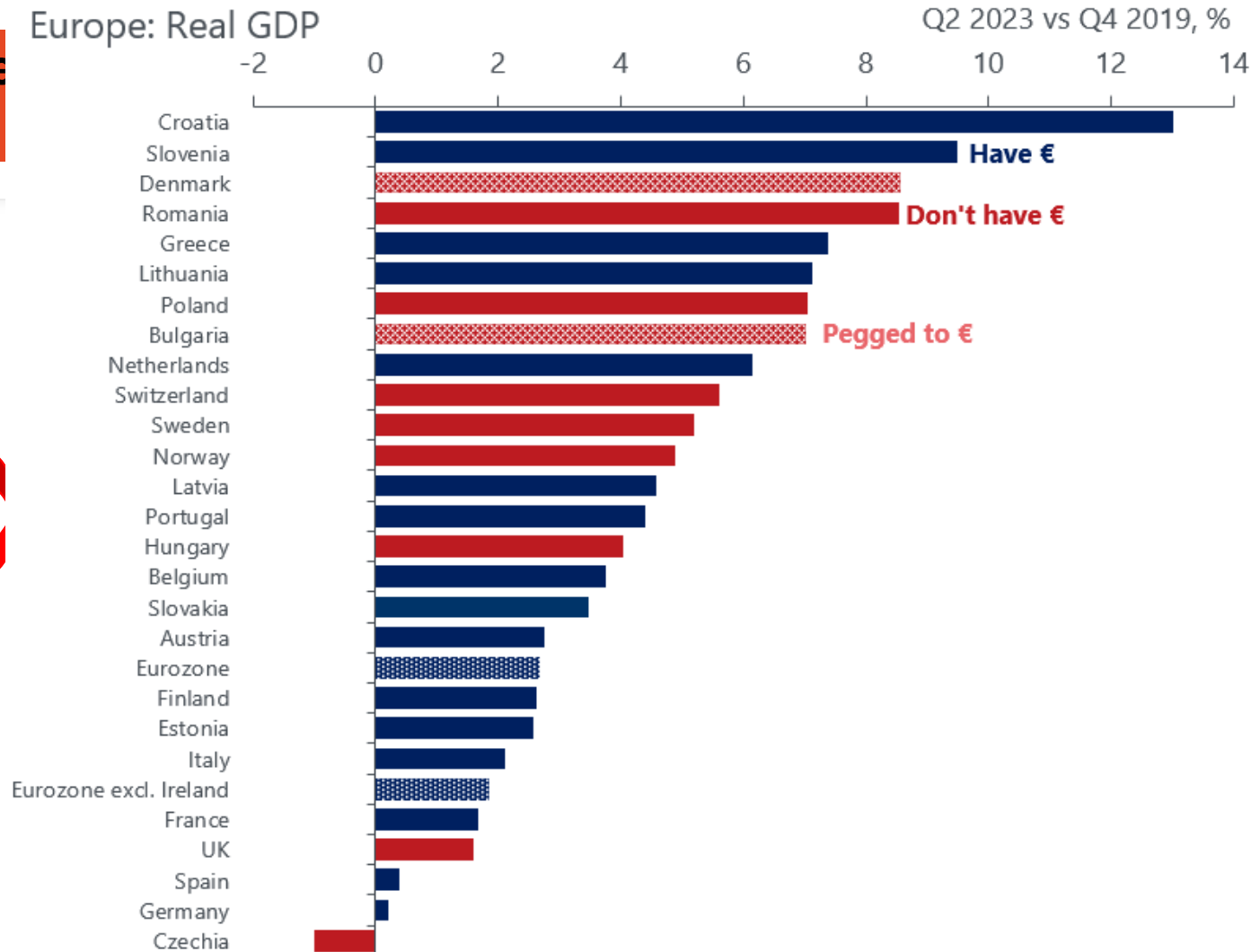
**Zeynep Yaksir**  
Türkiye



# STRATEGY: WHAT IS THE FUTURE IN EUROPE

## Changes that will influence health sector in future:

- Prolonged length of life
- Demographic changes
- **Social & economic changes (BDP ↑)**
- Population (i)migration
- Increase in traffic density worldwide
- **Advances of medicine & bio - technology**



Source: Oxford Economics/Haver Analytics (UK based on blue book revision from 1 Sep)

# EUROPEAN PRM MANPOWER (2022)


- 36 ESPRM countries: **27.129** PRM specialists
- **12.408** PRM specialists are members of National PRM Societies – members of ESPRM
- **2.869** PRM residents are members of National PRM Societies – members of ESPRM
- On average: **62 %** of PRM Specialists who are members of National PRM Societies (range in %: 14 – 100)
- There are **4.681 PRM residents** in ESPRM countries
- **4,82** – average PRM manpower / 100.000 population
  - < 1: IRL, UK, MLA, RUS
  - 1,00 - 1,99: CYP, UKR, ISR, SWE
  - 2,00 - 2,99: MNE, GER, GRE, SUI, FRA
  - 3,00 - **4,82**: ESP, TR, LUX, BEL, BG, FIN, B&H, HUN, SLO
  - -----
  - 4,83 – 5,99: PL
  - 6,00 – 7,99: MKD, POR, CR, LAT, ROM
  - 8,00 – 9,99: SVK, **CRO**, ITA
  - >10,00: LIT, SER, NED, EST

COUNTRY	POPULATION (M)	Nr. Of active PRM specialists	Number of active PRM specialists in your national PRM Society	Societies members as % of all	Active PRM specialists / 100.000.	Number of PRM residents	Residents - members
Austria	8,90	404	247	61	4,53	54	48
Belgium	11,50	No data available	444	3,80	No data available	126	
Bosnia & Herceg (incl RS)	3,20	148	125	84	4,62	23	23
Bulgaria	6,90	310	200	65	4,49	39	21
Croatia	4,00	327	260	79	8,17	80	40
Cyprus	1,20	13	6	46	1,08	0	0
Czech Republic	10,70	740	575	78	6,91	165	55
Estonia	1,30	185	102	55	14,23	16	7
Finland	5,50	250	80	32	4,54	60	40
France	67,30	2000	300	15	2,97	500	400
Germany	83,20	1874	329	17	2,25	N/A	70
Greece	10,70	247	225	91	2,30	34	30
Hungary	9,50	450	280	26	4,73	54	30
Ireland	4,90	13	13	100	0,26	5	5
Israel	9,20	110	98	80	1,19	60	32
Italy	59,50	5000	1.500	30	8,40	700	430
Latvia	1,90	145	145	100	7,63	<10	<10
Lithuania	2,70	270	150	50	10,00	40	16
Luxembourg	0,63	23	22	95	3,65	0	0
North Macedonia	2,00	135	90	60	6,75	21	18
Malta	0,52	2	2	100	0,38	1	1
Montenegro	0,62	36	36	100	2,23	5	5
Poland	37,90	2100	300	14	5,54	210	105
Portugal	10,30	700	700	100	6,79	120	120
Romania	19,20	1500	379	25	7,81	376	74
Russia	144,10	1150	875	76	0,79	920	314
Serbia	6,90	700	185	26	10,14	50	5
Slovakia	5,40	437	395	90	8,09	195	73
Slovenia	2,10	100	87	87	4,76	28	28
Spain	47,30	1425	1000	70	3,01		
Sweden	10,30	200	150	75	1,94	65	30
Switzerland	8,60	250	218	87	2,90	35	26
The Netherlands	17,40	2000	700	35	11,40	130	130
Turkey (TSRM+TPMR)	84,30	3000	2.000	66	3,55	600	500
Ukraine	44,10	750	190	25	1,70	21	6
United Kingdom	68,50	198			0,29	74	61
N = 36	$\Sigma = 812,27$	$\Sigma = 27192$	$\Sigma = 12.408$	$\bar{x} = 62,17$	$\bar{x} = 4,83$	$\Sigma = 4.681$	$\Sigma = 2.869$




## Top 5 & Bottom 5 countries: Nr. of PRM SPECIALISTS /100.000 (2022)


### TOP 5

•  (EST): 14,23 / 100.000


•  (NED) 11,40 / 100.000

•  (SRB) 10,14 / 100.000


•  (LIT) 10,00 / 100.000


•  (ITA) 8,40 / 100.000

### BOTTOM 5

•  (IRL): 0,26 / 100.000

•  (UK) 0,29 / 100.000

•  (MLA) 0,38 / 100.000

•  (RUS) 0,79 / 100.000

•  (CYP) 1,08 / 100.000



**ESPRM**

European Society of  
Physical & Rehabilitation Medicine

## BRIDGING THE GAP BETWEEN RESEARCH AND PRACTICE

- Your gateway to professional excellence
- Empowering professionals, building PRM future
- Tomorrow's care for our patients

RESEARCH RESEARCH RESEARCH  
KNOWLEDGE KNOWLEDGE  
EDUCATION EDUCATION  
CLINICAL WORK CLINICAL WORK

[www.esprm.eu](http://www.esprm.eu)

## ESPRM CREDO: bridging the gap between scientific research and clinical practice

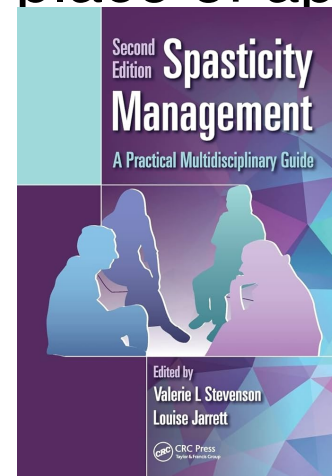
- Rehabilitation (as holistic approach in medicine) is the health strategy for the 21st century \* /\*\* and is the answer to the challenge – how to optimize functioning in people with acute and chronic conditions, as well it is the tool to fulfil much popular parole: “adding life to years.”
- **Hipotesis:** ESPRM is ideal organisation to be intermediate (in Europe) between the scientific / research work and the clinical application of knowledge gained by the research.

\*World Health Organization . Rehabilitation: key for health in the 21st strategy. Updated February, 2017.

\*\*Stucki G- Rehabilitation: the health strategy of the 21st century. J Rehabil Med 2018;50(4):309–16.

# ESPRM: bridging the gap between scientific research and clinical practice

- The philosophy behind the ESPRM activity is that central domain is **KNOWLEDGE**, which is generated by the **Research**.
- **Education**, teaching, congresses, books, and social media are tools to translate and disseminate knowledge.
- Finally, the **Clinical Practice** is the place of application of knowledge.





ESPRM: bridging the gap between scientific research and clinical practice

**ESPRM GOALS:**

- To be the leading scientific society in Physical Medicine and Rehabilitation (in Europe)
- To promote excellence in research, education, and clinical practice
- To optimize the health and functioning of individuals with disabilities.

# ESPRM: bridging the gap between scientific research and clinical practice

- **Agenda – how to reach the GOALS = to advance the science and practice of Physical and Rehabilitation Medicine by:**
  - I. **Fostering interdisciplinary research and collaboration** to enhance knowledge and understanding of human functioning and disability;
  - II. **Providing education and training opportunities** for healthcare professionals, researchers, and students to promote evidence-based practice;
  - III. **Advocating for policies and programs** that support access to high-quality rehabilitation services for individuals with disabilities;
  - IV. **Promoting the translation of research findings** into clinical practice to improve patient outcomes;
  - V. **Encouraging innovation and excellence** in the field of Physical and Rehabilitation Medicine.

# ESPRM: bridging the gap between scientific research and clinical practice

- Implementing expert groups of highly effective field specialists, working as effective **Working Groups coordinated by the ESPRM Scientific Advisory Board**
- The **Working Groups** should use international collaboration and big data sets to generate knowledge by performing and monitoring research and transmit generated knowledge in the fields of patient oriented and demographically relevant priorities



# ESPRM: bridging the gap between scientific research and clinical practice

**Clinical fields where Physical and Rehabilitation Medicine is already traditionally involved, but with high incidence and high impact on the human health, functioning and dignity :**

- Stroke
- Chronic non-malignant pain
- Degenerative neurological diseases
- Musculoskeletal degenerative diseases

# ESPRM: bridging the gap between scientific research and clinical practice

**Clinical fields that demand holistic approach but Physical and Rehabilitation Medicine is underrepresented:**

- Cardiovascular diseases
- (Neuro)Oncology
- Sleep disorders

# ESPRM: bridging the gap between scientific research and clinical practice

## **Rehabilitation in clinical fields causing disabilities in special populations:**

- neurodevelopment
  - diseases of childhood and adolescence
  - diseases in elderly population
  - pregnancy & motherhood
  - rehabilitation of persons with psychiatric illness
  - rehabilitation of persons in emergencies
  - rehabilitation of sportsmen
  - rehabilitation of persons with industrial diseases
- 
- **All priorities mentioned above demand a main priority: to strengthen the Physical and Rehabilitation Medicine in general health systems accross the Europe.**

# ESPRM Mission & Vision

## **Vision:**

- To be the leading scientific society in Physical Medicine and Rehabilitation, promoting excellence in research, education, and clinical practice to optimize the health and functioning of individuals with disabilities.

## **Mission:**

**Our mission is to advance the science and practice of Physical Medicine and Rehabilitation by:**

- Fostering interdisciplinary research and collaboration to enhance knowledge and understanding of human functioning and disability;
- Providing education and training opportunities for healthcare professionals, researchers, and students to promote evidence-based practice;
- Advocating for policies and programs that support access to high-quality rehabilitation services for individuals with disabilities;
- Promoting the translation of research findings into clinical practice to improve patient outcomes; and
- Encouraging innovation and excellence in the field of Physical Medicine and Rehabilitation

# YOUTH FORUM EXECUTIVE COMMITTEE



**Ana Rita Aguiar**  
**President**  
Portugal



**Rade Lončar**  
Bosnia and Herzegovina



**Emanuela Elena Mihai**  
Romania



**Artem Oberniak**  
Ukraine



**Zeynep Yaksir**  
Türkiye

## ACTIVITY PLAN

**CONTACT NETWORK**

**ESPRM CONGRESS**

**PRM INTERNATIONAL  
DAY**

# ACTIVITY PLAN

## What we have done so far...

### CONTACT NETWORK

- Organization of the contact information of the **members of the European Youth Forum**;
- Request for the collection of **email addresses** of residents and young PRM specialists from different countries;
- Creation of **WhatsApp** and **Discord** groups.

### ESPRM CONGRESS

### PRM INTERNATIONAL DAY

# ACTIVITY PLAN

## What we have done so far...

### CONTACT NETWORK

### ESPRM CONGRESS

- Proposal for a **special session**;
- Development of a **questionnaire** on *PRM practice in Europe*;
- **Discussion of ideas** for organizing a dynamic panel focusing on the **future of PRM**;
- **Discussion of ideas** to **attract** more Residents/Young Specialists to the Congress.

### PRM INTERNATIONAL DAY



# ACTIVITY PLAN

## What we have done so far...

CONTACT NETWORK

ESPRM CONGRESS

PRM INTERNATIONAL  
DAY

- Discussion of ideas for organizing **PRM International Day – 13th November.**

# ACTIVITY PLAN

## Where do we want to go...

### CONTACT NETWORK

- Get to **more colleagues** from countries that are still missing a Youth Forum delegate or are not easy to contact;
- Create a **database** with all the emails collected.
- **Institutional email** *or* decide a **pathway** to make **communication** with ESPRM EC / PR **easier**.

### ESPRM CONGRESS

### PRM INTERNATIONAL DAY

# ACTIVITY PLAN

## Where do we want to go...

### CONTACT NETWORK

### ESPRM CONGRESS

- 1st: Questionnaire results;
- 2nd: What practical abilities should be introduced in PRM? **Ultimate superhero in PRM** – utopian superhero to a PRM team of superheroes / PRM avengers;
- 3rd: Communication in PRM
- 4th: **Alternative/Unusual paths.** New areas we can use our skills in.
- 5th: Set of skills we should have. Certify the abilities. **European curriculum?** - Conclusion

### PRM INTERNATIONAL DAY

# ACTIVITY PLAN

## Where do we want to go...

### CONTACT NETWORK

### ESPRM CONGRESS

- **Attract young PRM residents/specialists** - Promotion strategies:
  - Explore agreements/discounts with nearby hotels and services
  - Budget for welcome gifts for residents upon registration.
  - Ideas for “PRM Awards” - in the questionnaire
  - **Instagram giveaway** - Meeting with Ilana tomorrow
  - Promotional video “All roads lead to Krakow” → need support for video editing and city, culture, congress promotion.

### PRM INTERNATIONAL DAY

# ACTIVITY PLAN

Where do we want to go...

## CONTACT NETWORK

## ESPRM CONGRESS

## PRM INTERNATIONAL DAY

- Video content – **Unusual Paths!**  
Small vídeos (Reels for Instagram) - image rights consents;
- **Discounts PRM books** (ex: Science Direct);
- Real patients **testimonials** (pictures, vídeos) - image rights consents;
- **“5 things you didn't know PRM physicians do...”** - ideas like this to do as instagram posts.

# Educational activities in 2025

The European Pain School (*Director R. Casale*)

**3rd EuroPain School I Rehabilitation of pain and pain-related disability: focus on musculoskeletal pain**

Piacenza 29 September – 2 October 2025

20th EMRSS (*Director F. Cirillo*)

**REHABILITATION Yesterday – Today – Tomorrow**

Siracusa 16 - 19 October 2025



# **ESPRM Educational activities**

## **WEBINARS**

Usual time slot: third Wednesday at 7pm (CET)

All webinars are recorded and available free at

[www.esprm.eu](http://www.esprm.eu)

**23 April 2025 Clinical Advances of Robotics in Rehabilitation** 287 attendees (695 registered)

**28 May 2025 Polyneuropathies (Peripheral Neuropathies): From Neurology to Rehabilitation**

403 attendees (926 registered)

**25 June 2025 Ethics in Physical and Rehabilitation Medicine** 147 attendees (365 registered)



**ESPRM**  
European Society of  
Physical & Rehabilitation Medicine

**WEBINAR**  
April 23, 2025  
7 PM CET

**TOPIC:** Clinical Advances of Robotics in Rehabilitation

**CHAIR:** Klemen Grabljevec, MD

**SPEAKER:** Alberto Esquenazi, MD

Register for the webinar by clicking on the LINK.

**ESPRM**  
European Society of  
Physical & Rehabilitation Medicine

**WEBINAR**  
May 28, 2025 / 7 PM CET

**TOPIC:** Polyneuropathies (Peripheral Neuropathies): From Neurology to Rehabilitation

**CHAIR:** Kristian Borg

**SPEAKERS:** Kęstutis Petrikonis: Polyneuropathy: Reappraising Clinical Diversity and Systematisation Approaches  
Roberto Casale: Rehabilitation of Peripheral Neuropathies: Is There Any News?

Register for the webinar by clicking on the LINK.

**ESPRM**  
European Society of  
Physical & Rehabilitation Medicine

**WEBINAR**  
June 25, 2025 / 7 PM CET

**TOPIC:** Ethics in Physical and Rehabilitation Medicine

**SPEAKER:** Prof. Henk Stam, M.D., PhD, FRCP

Register for the webinar by clicking on the LINK.



## **Cooperation with scientific Societies**

**MoU with ISCoS**

**MoU with EFIC**



## **International Council of Cardiovascular Prevention and Rehabilitation (ICCPR)**

(M. Supervia Pola)

## **European Society for Cardiology (ESC)**

Preparation of 2026 ESC Guidelines on cardiac  
rehabilitation

(C. Branco, M. Lazović, M. Supervia Pola)

# ESPRM activities – membership benefits

- **On-line educational platform** with option to obtain CME credits (free for participants – members of the National Societies)
- **ESPRM research grants** (range 2.500 – 10.000 EUR) to promote the rehabilitation research in Europe
- Supporting the current **European PRM Schools** (scholarships for at least 10 residents / school) – free attendance for residents and young specialists
- **Reduced Article Processing Fee** for publishing scientific paper in the *European Journal of Physical and Rehabilitation Medicine*
- **Reduced ESPRM Congress fee**
- Clinical Communications and Scientific Guidelines



**Webinar**

**SPEAKER: Prof. Katharina Stibrant Sunnerhagen**  
Professor and Head of Rehabilitation Medicine  
Research Group at University of Gothenburg

**TOPIC: What factors prior stroke affects outcome?**

**CHAIR: Assoc. Prof. Xiaolei Hu**  
Senior University Lecture & Senior Consultant Psychiatrist  
Department of Community Medicine and Rehabilitation, Sweden  
Coordinator of the ESPRM Scientific Committee

**February 26, 2024  
7 PM CET**

**Register for the webinar by clicking on the link.**



- **ESPRM** is „mother“ association for „substantial majority“ of practicing PRM residents and specialists through their National Societies **accross Europe and beyond** its geographical borders.
- **ESPRM** is recognizable and visible **BRAND** in real world and social media world.
- **ESPRM** is association whose members are **proud** on their membership and **do benefit** from this membership.





ESPRM is recognized in the professional as well non-professional circles as **the representative of P&R Medicine in Europe** - hand in hand w/ other European PRM Bodies

ESPRM is the promotor of clinical research in P&R Medicine in Europe. The **information** from clinical research should have **valuable and practical meaning** for the practicing professionals.

- ESPRM events – especially biennial **Congress** is top and „must-be-there“ event for P&R Medicine Community





Social media  
and  
Individual  
membership



[www.esprm.eu](http://www.esprm.eu)

**Please** send reports and updates on your Society activities

<https://www.linkedin.com/company/esprm/>

3.378 Followers

Instagram **esprm8**

1.178 Followers

Facebook

419 Followers







# ESPRM

European Society of  
Physical & Rehabilitation Medicine

## WHY YOU SHOULD ATTEND ESPRM 2026?

### Foster Collaboration for Innovation

Engage with experts and peers to exchange ideas, fostering creativity and innovative approaches in rehabilitation research.

### Explore Cutting-Edge Research

Discover the latest advancements and evidence-based practices that are shaping the future of rehabilitation medicine.



# ESPRM

European Society of  
Physical & Rehabilitation Medicine





# ESPRM 2026 Congress

[esprm2026.com](https://esprm2026.com)

## THE 25TH EUROPEAN CONGRESS OF PHYSICAL AND REHABILITATION MEDICINE

THE NEXT GENERATION: COLLABORATE. INSPIRE. INNOVATE.

23-27 MARCH 2026 | KRAKOW, POLAND



75th Rehabilitation Science and Technology Update (RSTU)

