

Annual Report – 2025

Physiotherapy Special Interest Group

The Special Interest Group, Physiotherapy group was founded in 2025 by Prof Gwendolen Jull (Australia), Prof. Debora Bevilaqua-Grossi (Brazil), Prof. Kerstin Luedtke (Germany) and Dr. Zhiqi Liang (Australia) with the purpose of promoting interprofessional collaboration with headache experts as well as further developing the international standards of physiotherapy education, research and practice in headache, internationally.

Proposed **aims and activities** of the group are to

- Formulate position statements on current evidence for the physiotherapy assessment and treatment
- Recommend minimum educational international standards for undergraduate physiotherapy programs
- Offer postgraduate specialised training in headache differential diagnosis and management, relevant to physiotherapy management
- Stimulate international research cooperations
- Contribute to the international and interprofessional profile and membership of the International Headache Society and its World conferences.
- Contribute to public policies to reduce the impact of headaches on the population

The first group meeting was held online on 10th of April 2025 and attended by more than 120 participants, mainly with a physiotherapy background. The purpose of the meeting was to create a physiotherapy community within and beyond the IHS, to present our aims and proposed activities and to promote interest in physiotherapists to join the IHS and attend IHS conferences and educational opportunities.

During the meeting, a members' email list was created which was subsequently used for an internal survey which we conducted to characterize the group, their interests and to gather relevant topics from physiotherapists worldwide who have a special interest in headaches.

Results of the survey can be summarised:

- 190 respondents from 30 different countries
- 73% work in private practice
- Headache patients form more than 50% of clinical caseload for majority (54%) of respondents
- 80% completed postgraduate training that included education on headache
- 47% are involved in teaching headache content to physiotherapy students or professionals
- Majority are interested in research on physiotherapy clinical assessment and treatment approaches for headache.

We are currently preparing a second survey, this time as an official research project, to understand the status quo of how physiotherapists worldwide assess and treat patients with different types of headaches. Results will be presented at the second (hybrid) meeting of the SIG during the IHS conference in Sao Paulo on Fri 12th 14:30-14:00h and a two year action plan for the SIG will be developed.

Kerstin & Debora & Zhiqi & Gwen
Founding members, Physiotherapy Group