



International Organization of Physiotherapists in
Pelvic & Women's Health

Contact Details

ioppwh.newsletter@gmail.com

ioppwh.secretary@gmail.com

ioppwh.president@gmail.com

ioppwh.vicepresident@gmail.com

ioppwh.treasurer@gmail.com

ioppwh.memberatlarge@gmail.com

Newsletter March 2025





Index	
Executive reports	
President report	1
Vice-president	3
Finance	4
Website info	5
Member's reports	
Chile	6
Hong Kong	12
Newsletter Editor	15



President Report

Kia ora

Dear Members,

With the World Physiotherapy Congress 2025 in Tokyo fast approaching, and our GBM, I have some news to share with you all.

I have been on the executive committee for IOPPPWH for the last 10 years, serving the first 4 years as Secretary and the last 6 years as President. I have decided to step down from my role as President at this year's Congress, which is in the middle of my term.

This decision is multifactorial. In 2023, we had 4 out of 5 committee members end their terms simultaneously. This required significant effort for the new executive committee members to get up to speed with IOPPPWH and all the roles, duties, and activities involved. I chose to stay on as President in 2023 to ensure that we had at least one committee member with institutional knowledge moving forward.

With all current committee members on a 4-year rotation, we are facing the same challenges in 2027 that we had in 2023, with all 5 executive members due to either reapply for their positions or step down at the same time. By stepping down now, halfway through my term, it allows new executive members to be voted in at Congress 2025, ensuring continuity of executive members over the coming years.

With the new Governing Document (formerly our Constitution) being voted in at Congress 2023, we are now able to have more than 5 executive committee members. By increasing the number of executive committee members by 2 more members, the workload can be shared more effectively, reducing the burden on individual committee members.





Over the last 10 years, I have dedicated a lot of my time to IOPPWH, ensuring that the 'behind the scenes' operations run smoothly. This has put IOPPWH in a strong position for the future, with systems in place to ensure the group's continued success. It is now time to hand over the duties to others to lead the group forward.

As per our Governing Document rules, with me stepping down halfway through my term, the Vice President can step into this role if they wish, without the need for a member vote. Cristine has chosen to do this and will assume the role of President at the end of Congress 2025. The executive has also voted to fill the Vice President role from within the existing committee as per our Governing Document rules, with Corlia moving from Treasurer to Vice President.

This leaves the role of Treasurer open for voting. We are also opening two more committee member positions for voting – these roles are termed 'regular committee members' in the Governing Document.

We are aware that filling the Treasurer role might be more difficult than the regular committee member's roles, however we have a solid plan in place to support the new Treasurer, with Corlia staying in a supporting role for the first two years. We have spent the last two years improving our financial systems so that the processes are now very streamlined for the Treasurer.

We are seeking nominations for these three roles immediately (Treasurer + two regular committee members). If you are interested in any of these roles, or know members who are interested, please contact Carina at ioppwh.secretary@gmail.com as soon as possible. She will then send you the nomination form to complete.

Nominations will be open from 26th February until 1st April 2025.

Voting for these positions will take place from 10th April to 10th May 2025.

The results of the votes and ratification will occur at the GBM at the World Physiotherapy Congress in Tokyo, Japan.





Thank you for your support and trust over the last 10 years.

Dr Melissa Davidson

President IOPPWH

Vice-President Report

Dear Colleagues,

In light of the unexpected news of Melissa's resignation as President of IOPPWH, I am making myself available to step into the role, as this is precisely what is expected of a Vice President according to the IOPPWH governing document. I fully understand Melissa's reasons for resigning and am deeply grateful for her dedication and contributions as President over the past years.

While I did not anticipate this situation, I was fully aware of and committed to our constitution when I made myself available to serve as Vice-President of this important organization. Over the next two years, I will remain dedicated to continuing the outstanding work of past and current executive committees. During this transition, the support of everyone on the executive committee, as well as the delegates from our member countries, will be invaluable, and I sincerely thank you all in advance. A strong international organization is built through the active involvement and participation of its members.

Let us move forward together and continue to face the challenges of strengthening pelvic and women's health worldwide!

Cristine Homsí Jorge

Vice-President IOPPWH





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FINANCE REPORT

Dear Delegates

We would like to thank you for your patience as we were transitioning to a new bank. Being an international organisation with members from different countries needing access to the bank account, poses certain challenges and extra motivations which lengthened the whole process. We are however very happy to say that this process has been successfully concluded, and our new account is fully operational.

You would have received an email at the end of December 2024 and in January 2025, with the new account details and membership fee information. Please ensure that your payments for 2023/2024 are up to date by the end of March 2025. We have received a couple of payments, but there is still a couple outstanding. When you are doing the payment, please ensure your reference is clear and do not forget to email us the form with your countries' details and membership. This is important for auditing purposes and to make sure our database is up to date.

The bank change process therefor also resulted that the invoices for 2024/2025 will only be sent out around the middle of the year. If you have any questions or did not receive the referred email, please do not hesitate to contact me directly at ioppwh.treasurer@gmail.com

On the expense front, there were not much to pay, other than some small administration fees relevant to the bank change process. We are anticipating a busier year ahead due to the World Physiotherapy Congress and the IOPPWH general meeting coming up in 2025.

We are looking forward to meeting you in Tokyo for some fruitful networking and connecting.

Take care until then!

Corlia Brandt

IOPPWH Treasurer





Website, Facebook & E-mail

Just a reminder that our new website is up and running.

www.ioppwh.org . On the website you will find information on IOPPWH, resources to download, forms to use, and information updates. And remember if your delegates are on Facebook, we have a closed group just for delegates – look up www.facebook.com/groups/1194604794222729 and ask to join. It is only open to the specified delegates of your member country so ensure you keep us updated if your delegates change.

We also have new email addresses for all committee members and our newsletter editor. Please take note of the following and ensure your email servers allow bulk emailing from these addresses:

ioppwh.secretary@gmail.com

ioppwh.president@gmail.com

ioppwh.vicepresident@gmail.com

ioppwh.treasurer@gmail.com

ioppwh.memberatlarge@gmail.com

ioppwh.newsletter@gmail.com





Member's reports

Chile



OCHIKISAM

<https://www.ochksm.cl/>

Instagram @OCHIKISAM

Report on activities Chilean Organization of Physiotherapy in Women's Health.

I. New Executive Committee

Since our previous report, it has been a period of change and consolidation for our Organization. Among them our new acronym is “OCHIKISAM”.

In addition, we are pleased to announce the new Executive Committee team, which will lead our group from 2023 to 2026 and is made up of colleagues who come from various areas of physiotherapy who wish to contribute to making visible the need to address the problem of Women's Health, with a gender perspective.





Photo 1:

In photo 1 (from left to right): Alejandra Alcaino (representing Oncology area), Layla Riady (representing Dermatofunctional area), Isabel Grez (representing Pelviperineal area), Cinara Sacomori (representing Pelviperineal and Oncology area), Lizet Osorio (representing Musculoskeletal area).

In the center: Sara Ramos (representing the Pregnancy and Postpartum area).

Could not attend: Macarena Espinoza (representing Cardiovascular area).

The role of delegates for IOPPWH 2023-2026 will be fulfilled by: Sonia Roa-Alcaino, María Jesús Mena and Isabel Grez.

Our new president, Isabel Grez, states that *"It is an honor to lead this group and a joy to represent the Organization. We face the challenge of continuing to contribute to women's health, taking our work from Chile to the world and from the world to Chile. "We want to include all the visions and scientific advances in the field of women's health, giving space for new generations of physiotherapists and patients to enjoy the benefits of this vision and to continue with this important work."*

II. OCHIKISAM in National Congress of Physiotherapy 2023 (Chile)





International Organization of Physiotherapists in Pelvic & Women's Health

During the month of September 2023, OCHIKISAM was called by the Colegio de Kinesiólogos de Chile (country member of WP) to participate in the National Physiotherapy Congress (CONAKI 2023) with a thematic space. On this occasion, three topics with high attendance were presented:

- International Link with World Physiotherapy: lessons learned, Klga . Sonia Roa-Alcaino
- Gender perspective in Physiotherapy: a view from pain, Klga . María Jesús Mena.
- Physical Activity during Pregnancy: beyond the recommendations, Klga . Isabel Grez.



Photo 2: Executive Committee team at CONAKI 2023



Photo 3: Executive Committee team at CONAKI 2023

For the year 2024 we are planning the academic day that will take place in the month of November.





We invite to follow us on Instagram @OCHIKISAM



Photo 4: President of the College of Kinesiologists of Chile, Eduardo Tognarelli with outgoing President of OCHIKISAM.

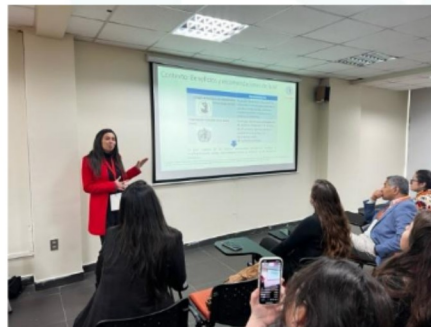


Photo 5: New president, Isabel Grez, speaker of CONAKI 2023.

I. OCHIKISAM's delegate will lead a Focused Symposium about Women's Health at the next World Physiotherapy Congress in Tokyo 2025.

Our international delegate Sonia Roa-Alcaino will be Chair of the session entitled "Women's health: global challenges for physiotherapists to make an impact in clinical, educational settings and beyond" which will also feature the participation as speakers: Faizah Abdullah Djawas (Indonesia), Cristine Homsí Jorge (Brazil), Ayako Yamamoto (Japan).





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Pelvic & Women's Health



We are aware that this is an achievement because a record number of sessions were submitted for this version of the Congress.

Sonia says:

"In this session, we aspire to reach more physiotherapists and highlight the imperative need to bring visibility to women's health concerns, acknowledging that many conditions affecting women remain understudied. This is the reality for half of the world's population. Through this Focused Symposium, we aim to address the challenges faced in clinical practice, education, and beyond. We are delighted by the diverse representation of countries and cultures.

We look forward to seeing you in Tokyo!"

You can check the details of the session at this link:

<https://wp2025.world.physio/fs-24/#>





International Organization of Physiotherapists in
Pelvic & Women's Health

Hong Kong



Women's Health Specialty Group of Hong Kong Physiotherapy Association

As the Hong Kong Physiotherapy Association (HKPA) approaches its 62nd anniversary, we take this opportunity to reflect on the important work being done by its Women's Health Specialty Group (WHSG). With a membership count of 2,860, including 40 dedicated physiotherapists focusing on women's health issues, WHSG plays a crucial role in enhancing the quality of physiotherapy services provided to women in Hong Kong.



Photo1: WHSG Ex committee

Mission and Objectives of WHSG

The Women's Health Specialty Group is committed to promoting awareness among physiotherapists, healthcare





professionals, and the public about women's health. The missions of WHSG include:

1. Providing expert consultation on physiotherapy practices related to obstetrics and gynecology, addressing issues such as incontinence, osteoporosis, and constipation.
2. Upholding the professional interests of physiotherapists in Hong Kong specializing in women's health.
3. Coordinating activities and offering continuing education, training, and research opportunities to members.
4. Maintaining high professional standards for physiotherapists working in women's health.
5. Collaborating with both local and international organizations on relevant healthcare issues.

Recent Accomplishments and Initiatives

In an effort to enhance physiotherapy services for women, WHSG has made significant strides during the 2023-2025 period:

1. Certification Achievement

In 2023, WHSG successfully completed The Full Lymphoedema Certificate Course in partnership with the Academy of Lymphatic Studies (ACOLS) from the USA, resulting in 30 physiotherapists attaining certification as lymphedema therapists.





Photo 2. 30 physiotherapists attaining certification as lymphedema therapists

2. Educational Lectures

A lecture focused on the assessment and treatment of prolapse was conducted, empowering physiotherapists to provide improved care for women's health issues in 2024.

In 2025, WHSG organized a course on the Management of Lymphedema affecting the Head and Neck in conjunction with ACOLS and Hong Kong Metropolitan University.

In addition, our chairperson contributed to sharing of knowledge and experience by presenting a topic on Electrotherapy for Overactive Bladder during a webinar hosted by the World Physiotherapy Asia Western Pacific Region in 2024. An insightful article on this topic was also published in the HKPA's News Bulletin. <https://www.hongkongpa.com.hk/news-bulletins/vol-28-no-6-nov-dec-2024/>

Addressing the Increasing Demand for Services

Recognizing the growing need for physiotherapy continence services, WHSG has co-organized an annual Certificate Course on Advanced Management of Incontinence with the Hong Kong Continence Society. Our members have participated into research on electro-acupuncture to address challenges associated with overactive bladder.





Supporting Women's Health in the Community

With an increasing public awareness of women's cancer in Hong Kong, the Hong Kong Cancer Fund is actively supporting the cancer survivors. In this regard, our WHSG chairperson was invited to be a guest speaker at the "Supporting Women's Cancer with Care, Love and Respect – Survivorship Seminar" in 2024; She introduced exercise for women navigating the journey of cancer survivorship.

Our vice-chairperson was interviewed by TV channel on upper limb lymphoedema management after breast cancer treatment in 2024.

Conclusion

The Women's Health Specialty Group of HKPA remains steadfast in its mission to provide physiotherapy service and education tailored to women's health needs. With numerous initiatives and collaborations underway, WHSG is poised to continue making contributions to the community and uphold the standards of women's health care in Hong Kong.

With the Women's health module being successfully introduced to undergraduate physiotherapy program in the universities in Hong Kong, WHSG is optimistic about the future of physiotherapy practice in this specialty.

We encourage more physiotherapist to engage with us in enhancing women's health services in Hong Kong and strive to grow our membership to strengthen our influence.

For more information about WHSG and the HKPA, visit [HKPA's Official Website] <https://www.hongkongpa.com.hk/>

(Leung Wai Ching Regina)





Message from the Newsletter Editor

I have been newsletter editor for IOPPPWH since volunteering during the World Congress in Geneva 2019. It is now time for me to stand down after the completion of this newsletter and let someone else develop it further. It is a small role which involves contacting delegates to request articles, executive reports and making the newsletter. A newsletter is important as it brings together all the news and keeps us up to date. Skills required include good editing, formatting and ability to encourage timely copy. A call for newsletter editor will come out shortly and past newsletters and forms used are on the website. I have really enjoyed working with the executive and emailing with delegates. I look forward to seeing members at future World Congresses.

Thank you to those countries who have submitted articles for this newsletter. To help share the task of producing the newsletter, I will request a different region every six months to produce articles. Writing an article is part of the role of delegates and we aim to make it as least onerous as possible by providing a template and advice. Please share any news, resources, articles or links of interest. We will rotate through the following 7 groups and I look forward to receiving submissions from group 2: Africa-Nigeria, South Africa for the next newsletter.

The WP Regions (and IOPPPWH group members) are

1. Asia/Western Pacific- Australia, Hong Kong, Japan, Kuwait, New Zealand, Papua New Guinea, Saudi Arabia, Singapore and United Arab Emirates
2. Africa-Nigeria, South Africa
3. Europe (1*) – Austria, Belgium, Croatia, Denmark, Finland, Germany, Ireland and Latvia
4. Europe (2*) – Greece, Israel, Italy, Netherlands, Norway and Portugal.





5. Europe (3*) – Slovenia, Spain, Sweden, Turkey, Slovakia and United Kingdom
6. North America/Caribbean – Bermuda, Canada, United States of America
7. South America – Brazil, Chile, Costa Rica, and Guatemala

Shirley Bustard
IOPTPWH Newsletter Editor and UK delegate

