


Position statement


regarding the current standing of exercise therapy in Austria



Exercise therapy clearly leads to improvements in musculoskeletal, internal, neurological, psychiatric, and psychosomatic diseases and is a highly evidence-based, low-side-effect component of prevention, treatment, and rehabilitation.

However, exercise therapy is not listed in the service plans of health and medical insurance funds and is therefore not reimbursed as a health service for patients.

 the integration of exercise as therapeutic treatment into the healthcare system is highly indicated from a medical, societal and economic perspective.

 A new legal framework offering self-employment regulations for exercise therapists is required and legal parity for exercise therapists within the healthcare professions offering evidence-based treatment methods is advocated.