

50 Years of History

Hungary

Name of organisation: Hungarian Association of Manipulative Physiotherapists. (HAMP)

Year organisation started: 2009

RIG of IFOMPT since: 2009

Key influencers of OMPT through the years: In 2007 John Langendoen brought a new concept to Hungary (Maitland Concept), with the idea that we could develop further in OMPT. He encouraged us to develop an association and make steps to launch a master course in the Semmelweis University. Pierre Jeangros (IMTA), Veronique Bornet (IMTA), Johannes Bessler (MCTA) regularly teach in Hungary. Eszter Lukácsy-Fábián is the first Hungarian physiotherapist to study a university course in Musculoskeletal Physiotherapy at the University for Continuing Education Krems. She had her Maitland Level 3 exam in 2020, and became a member of the MCTA in 2024, as the first Hungarian Mulligan teacher. Besides Eszter, Hantó Zsuzsanna, Rigó Andrea, Pataki Dalma, Relle Éva, Lukács Mária have had a great influence on physiotherapists who work in the field of neuro-musculoskeletal rehabilitation.

Development over the years: In the 1990s the first manual techniques were introduced. The first OMT from Kaltenborn was organised and McKenzie's MDT was brought to Hungary. In 2005 the first Mulligan concept course was organised. The Maitland concept (since 2007) and Lewit's manual therapy are the main manual therapy approaches. Lewit's courses are accredited in Hungary, the final exam is at the Department of Family and Integrative Medicine, Semmelweis University. Since 2019 Maitland level 2b is also available. This year Eszter Lukácsy-Fábián successfully trained in the Mulligan concept and became a Mulligan teacher - a huge milestone for Hungarian physiotherapists.

Major changes or challenges in the last 50 years: Following RIG membership, the first difficulty we faced was that there were very few manual therapists in the country. As more physiotherapists started training and working in the field, the association started negotiations with two universities (Semmelweis University in 2015 and the University of Debrecen in 2017) about developing a master course, but in the Hungarian education system there was no masters by specialization, only a general Physiotherapist MSc was acceptable. Recently, there was a slight change in the system, so we plan to start the negotiations again with the universities.

Current status and challenges: On one hand we have difficulties with the education system regarding the MSc, on the other hand the only accredited manual therapy course by the state is the Lewit manual therapy. Their exam is at the Faculty of Integrative Medicine, but organizers of the Maitland concept would like to have accreditation as part of neuro-musculoskeletal rehabilitation at the Faculty of Health Sciences with an emphasis on evidence based best practice and international standards. Meanwhile the association regularly organises workshops to bring new approaches and standards closer to Hungarian physiotherapists.

The future of the organisation: We do not give up, but we try to find ways to organize the Master training for OMT. As pain sciences and communication are becoming more and more important besides manual approaches, we plan to open toward these areas as well.
