

## 50 Years of History

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### Latvia

**Name of organisation:** Musculoskeletal Subgroup of Latvian Physiotherapy Association

**Year organisation started:** 2019

**RIG of IFOMPT since:** 2019

**Key influencers of OMPT through the years:** Guna Semjonova had an idea about MSK Subgroup and shared this idea with Santa Dreimane and Elina Bergmane on their flight home to Latvia from the WCPT Congress 2019 in Geneva. Guna Semjonova practices part-time physiotherapist and in 2022, obtained her PhD from Riga Stradiņš University. She is a senior researcher and chairs the board of MSK Subgroup (2019. – 2021. and 2023. – present). Elina Bergmane and Santa Dreimane are physiotherapists at Ärztezentrum Limmatfeld (Switzerland), both are completing OMPT diplomas. Santa Dreimane has a master's degree in Physiotherapy from Riga Stradiņš University and is a member of the board of MSK Subgroup. She organizes MSK courses in Latvia, by inviting such brilliant lecturers as Prof. Ann Cools (shoulder pathologies) and Prof. Karin Grävare Silbernagel (Achilles tendon pathologies). Elina Bergmane also organized OMPT courses in Latvia inviting Heiko Dahl MSc, OMT, Fachlehrer MT, from Physio-Akademie gGmbH. She was chair of the board of MSK Subgroup from 2021 to 2023. Elina was the leading person who translated the IFOMPT Cervical Framework Document. Santa and Elina were and still are key influencers of OMPT in Latvia.

**Development over the years:** From the three young physiotherapists dream in 2019 of excellent MSK physiotherapy in Latvia to more than 90 member organizations of physiotherapists specialized in MSK and keen to develop their skills in OMPT.

**Major changes or challenges in the last 50 years:** We are a 5-year-old organization where leading people are in their mid-30s. We have the passion to learn and develop, and we appreciate well-designed guidance from excellent mentors. Physiotherapy as a professional Bachelor study program in higher education in Latvia started in 1994, 3 years after becoming independent from the Soviet Union. This year we celebrate 30 years of Physiotherapy in Latvia. In 2019. we became a RIG of IFOMPT and established fruitful soil of OMPT in our country.

**Current status and challenges:** We have been involved in IFOMPT activities from 2019. Delegates were Guna Semjonova, Elina Bergmane, and currently, Matiss Eglitis. The main challenge is for human resources to develop ideas. Latvia has 1,810,240 people, the country is beautiful but small. We still see the consequences of the occupation of the Soviet Union. We look towards the West and the Scandinavian countries, but an aggressive neighbor makes its presence felt whether we like it or not.

**The future of the organisation:** The future seems bright to us. Recently we have built relationships with IFOMPT members from Spain, Luis Ceballos Laita and Andoni Carrasco Uribarren from Universidad de Valladolid. They introduced us to Silvia Pérez-Guillén, Universitat Internacional de Catalunya for advice about IFOMPT standards implementation in the Latvian educational context at Riga Stradiņš University. We need IFOMPT experienced member advice to implement IFOMPT standards in our country.

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