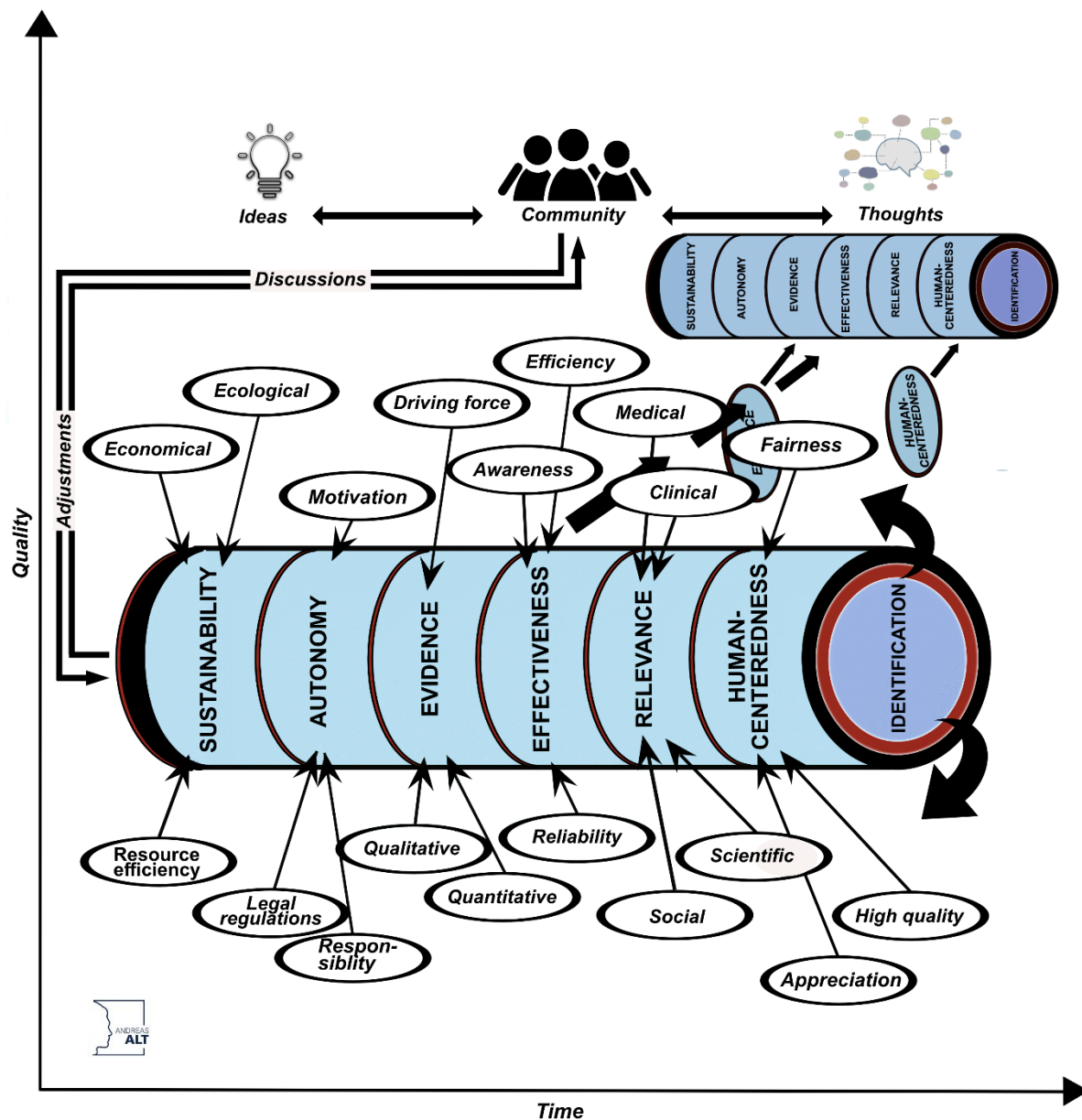


# The Physio2Future-Model – 2025 Version



The Physio2Future-Model (2025 version) is a "living project" aimed at facilitating responsible physiotherapy. It comprises six dimensions, each surrounded by various attributes that contribute to their description. These dimensions must be essential and integral; that is, no dimension, such as "Relevance", can be omitted. To clarify, all tools and aids, such as eHealth or digitalization, must be relevant. For example, eHealth tools like health apps are not considered integral because they need relevance, but relevance does not need health apps. The x-axis (time) encompasses the identification of constraints within the physiotherapy context, the development of strategies to overcome these constraints, and the implementation of these strategies within the system to improve overall physiotherapy quality, represented on the y-axis. The context of physiotherapy includes facilities, educational institutions, and legal regulations within a country. Community input and ideas are encouraged to foster new discus-

sions and adaptations of the model (dimensions and attributes). The Physio2Future-Model can be used either as a whole or by focusing on individual dimensions as a guiding framework.

**Example:** A physiotherapy clinic identifies limitations in the "Evidence" dimension, stemming from insufficient adherence to clinical guidelines. Consequently, strategies such as staff training or supervision are developed to address these limitations. A timeline is then established to facilitate the implementation (process) of newly acquired knowledge (inputs), to sustainably enhance evidence-based physiotherapy (outcome).

### **Using the Physio2Future-Model from the Perspective of a Job Applicant**

During an interview, candidates could present the model and seek the interviewer's opinion on specific aspects (dimensions) or request general feedback. Significant disagreements or differing viewpoints may influence decision-making and help prevent negative outcomes such as workplace dissatisfaction.

### **Using the Physio2Future Model from the Perspective of a Manager**

The sustainability dimension is influenced by the effectiveness and human-centeredness dimensions. Sustainability encompasses long-term efficacy and resource efficiency in physiotherapy. Evidence-based practices provide long-lasting therapeutic strategies, and their successful implementation requires motivated professionals who apply these strategies and promote patient adherence. Therefore, integrating this knowledge into quality management processes, such as recruitment, appears to be particularly relevant.

## **Additional information about responsible physiotherapy within the context of the Physio2Future-Model**

