


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.

ÖSG: Austrian Sport Science Society (Österreichische Sportwissenschaftliche Gesellschaft), VSÖ: Austrian Association of Sport Scientists (Verband von SportwissenschaftlerInnen Österreichs)

Rausch, L. K., Birklbauer, A., Federolf, P., Hecksteden, A., Hofmann, P., Müller, E., Niebauer, J., Reich, B., Rieder, F., Ruin, S., Scharhag, J., Seebacher, B., Treff, G., Tschan, H., Wessner, B., & Würth, S. (2024). Position statement regarding the current standing of exercise therapy in Austria (Positionspapier zur Situation der Trainingstherapie in Österreich). *Current Issues in Sport Science*, 9(1), Article 001. <https://doi.org/10.36950/2024.gcis001>