

## **COURSES ON PHYSIOTHERAPY IN HUNGARY: OVERVIEW AND CHARACTERISTICS**

ANDREA LUKÁCS<sup>1</sup> – DÓRA KISS-KONDÁS<sup>2</sup> –  
TÜNDE LEBENSZKYNÉ SZABÓ<sup>2</sup> – NÓRA SIMON<sup>2</sup>

<sup>1</sup>*Institute of Theoretical Health Sciences, Faculty of Health Sciences,  
University of Miskolc*

<sup>2</sup>*Institute of Applied Health Sciences, Faculty of Health Sciences,  
University of Miskolc*

*e-mail: [andrea.lukacs@uni-miskolc.hu](mailto:andrea.lukacs@uni-miskolc.hu)*

**Summary:** This paper provides an overview of the current situation and characteristics of courses on physiotherapy in Hungary. The research aimed to map the training opportunities for physiotherapy professionals. The authors analysed available Hungarian courses on the Internet, examining the type of courses, teaching methods, duration, cost, target audience, instructor qualifications, as well as the nature of exams and certificates. A total of 26 courses were examined, specialising in various areas and professional needs. A wide range of courses is available, providing professionals with opportunities for further professional development and the acquisition of new techniques. Courses can be taken in person, through blended/hybrid learning, or online. Teaching methods include instructor videos, practical demonstrations, online materials, and lectures. The instructors are typically physiotherapists or specialised doctors. The courses are generally of shorter duration, and online courses become immediately accessible after payment. Participants receive a certificate upon completion of the courses, and some courses require a final test or exam. The prices of the courses are generally affordable, but longer and qualification-providing courses may be more expensive. In conclusion, the paper highlights the wide range of physiotherapy education options available in Hungary, offering professionals opportunities for further professional development and the mastery of the latest techniques.

**Keywords:** *blended learning, courses, in-person attendance, physiotherapist, online learning*

## **INTRODUCTION**

Healthcare professionals, including physiotherapists, are expected to regularly assess their skills and knowledge and stay up to date with practice changes. The physiotherapy education available in Hungarian higher education institutions provides a solid foundation for graduates to begin their responsible work in healthcare. However, physiotherapy is a dynamic field that requires continuous knowledge and professional practice from practitioners. Learning and mastering new techniques and methods enables more effective diagnosis and treatment and optimal patient care. Therefore, it is necessary to supply suitable opportunities for practising

physiotherapy professionals to further their professional development and acquire new knowledge and techniques.

Our research aimed to examine the opportunities available in Hungary for physiotherapy professionals in terms of further education, professional practice, and accessibility conditions.

## **METHODS**

The research was conducted within the framework of the ERASMUS+ KA220-HED-Cooperation Partnerships in Higher Education. We analysed the descriptions of physiotherapy courses available in Hungary on the Internet. We examined the type of courses, teaching methods, duration, cost, target audience, instructor qualifications, as well as exam method and the nature of the certificate. The search was conducted using the keywords “fizioterapeuta/gyógytornász” (physio-therapist), “képzés/tanfolyam/kurzus” (courses). The authors recorded the information in an Excel document, which was consolidated and interpreted afterwards.

## **RESULTS**

A wide range of physiotherapy training courses is available, specialising in different areas and professional needs. In our study, we reviewed a total of 26 courses, and during each course, we also found other specific courses on the respective website.

### ***Types and implementation of the courses***

We encountered a wide variety of courses. Some courses supplied qualifications for the practical application of therapy (e.g. Dorn therapy, Schroth therapy, and S.I therapy). Other courses focused on skill development and teaching new methods (e.g., the use of fascia knives during massage, cupping). We also found comprehensive examinations and therapies targeting specific body parts and regions (e.g., comprehensive examination and therapy of the lumbar spine-pelvis-hip complex). The courses were available in the form of in-person attendance, blended/hybrid teaching, or online delivery. The course organisers provided information in advance regarding the format, and participants did not have a choice. Courses that involved the demonstration, acquisition, and practice of manual techniques required in-person attendance, while courses that provided theoretical materials also offered the opportunity for online self-study. The language of instruction was Hungarian, but there was a course that provided materials in English as well.

### ***Applied teaching methods***

Detailed course programs are available on the website, with very few instances of incomplete information. The content and length of the materials may vary, but generally, they start with the presentation of anatomical and pathophysiological/etiological characteristics or theoretical definitions of the applied techniques. Some courses focus on movement analysis and diagnosis, while others incorporate

diagnostic elements into the content. The training aims to convey the necessary knowledge for selecting and performing treatment methods and techniques.

Blended physiotherapy courses can be followed flexibly on any internet-enabled device, including smartphones. The courses are divided into theoretical and practical units. The educational materials include instructional videos, practical demonstrations, presentations of anatomical models, online practical materials, lectures, PDF notes, written notes, and collaborative teaching methods.

### ***Instructors***

The training was primarily conducted by physiotherapists, specialised physiotherapists, and doctors with expertise in their respective fields. The physiotherapy courses were generally taught by instructors who possessed in-depth knowledge of the subject matter and had extensive professional experience. While not all of them held academic degrees, they were highly qualified and dedicated professionals committed to imparting their knowledge to the participants. The majority of these instructors were certified by professional organisations. It is worth noting that the courses were not taught by lecturers of higher educational institutions unless they were held within the university organisation as specialised further education training.

### ***Duration and costs***

The duration of the courses varied significantly, with most of them being relatively short, lasting between 1 and 5 days. For online courses participants gained immediate access to the entire course material upon payment of the tuition fee. Some training programs offered the possibility to extend the access period, albeit at an additional cost. In several instances, the theoretical part of the courses was delivered through online platforms like Zoom, allowing participants to follow the sessions from the comfort of their homes. However, the practical aspect of the training required in-person attendance. The duration of access to course materials ranged from 1 month to 1 year, or in some cases the students permanently owned the course material.

The costs associated with the courses varied, with longer or in-person courses generally being more expensive. Courses accredited by international organisations were also pricier due to their authorisation to enable participants to perform specific therapies, such as Schroth therapy. For instance, the price for a one-day professional event for association members was 5,000 HUF, while Schroth therapy cost 460,000 HUF.

### ***Target audience***

As the search focused on courses available to physiotherapists, the majority of the training programs were designed specifically for them, limiting participation to this professional group. However, there were cases where the courses were also open to other professionals involved in movement-related fields alongside physiotherapists. Certain organisations even developed courses tailored for other related professions,

including physical education teachers, fitness instructors, and yoga instructors. Additionally, health sciences students, especially those studying physiotherapy, were able to join some of the training programs. In certain instances, owning a medical degree was a prerequisite. Furthermore, there were specialised pieces of training specifically recommended for particular target groups, such as paediatric physiotherapists.

### ***Student questions***

Most courses provided students with the opportunity to ask questions. In the case of online training programs, participants could typically ask questions immediately or at predetermined times during the course through chat messages or written/video messages. Some courses set up Facebook groups to facilitate communication among participants.

### ***Certificate and examination***

Every participant in physiotherapy training received a certificate upon completion. Most courses required the successful completion of a final test or examination to issue the certificate. Additionally, some course organisers requested a video presentation to assess the participants' practical knowledge.

## **DISCUSSION AND CONCLUSION**

In Hungary, a wide range of physiotherapy training programs are available, offering practising professionals the opportunity to enhance their skills and acquire the latest techniques and methods. The cost of these courses is generally affordable, although longer courses and those providing qualifications for specific techniques tend to be more expensive. The opinions of students available on the website, as well as the courses' established history, serve as indicators of quality. Most courses require successful completion of an examination to issue a certificate, ensuring that the courses are well-organized and of satisfactory quality.

Professionally grounded further education, flexible teaching methods, and experienced instructors play crucial roles in developing physiotherapy professionals. These factors enable professionals to perform their work effectively and responsibly, delivering higher-quality patient care. The advantages of these courses include the option to choose from various time slots for in-person attendance courses and the ability to study at one's own pace and schedule for online courses, removing geographical limitations and reducing travel and accommodation expenses.

However, several factors should be considered before enrolling in a physiotherapy course. It is advisable to verify whether the training program has proper accreditation and whether the qualification obtained is recognised by the profession. The purpose of taking the course should be clarified: Is it to deepen knowledge or acquire practical skills? It is also important to ensure that the training includes practical opportunities, as hands-on experience is essential for developing

proficiency in treatment techniques. Communication with instructors and peers should be assessed, considering whether there are opportunities to ask questions and engage in discussions. Additionally, personal motivation, the ability to study independently, time management skills, and the ability to keep pace with others should be considered when making a choice. Some individuals may require more time to grasp the material completely.

In conclusion, Hungary offers various forms of education and topics in physiotherapy courses that are accessible online, providing individuals with the opportunity to select courses based on their specific needs and financial capabilities. We have not encountered instances where participants did not receive the desired knowledge upon course completion. However, the mastery of technical skills greatly depends on the abilities and motivation of the participants.

### Availability of courses

- [1] <https://www.dorn-terapia-tanfolyam.hu/dorn-kepzesek/dorn-tanfolyam/>
- [2] <http://www.schroth.hu/katharina-schroth-szerinti-haromdimenzios-scoliosis-terapia/>
- [3] <https://www.mozgasakademia.hu/tanfolyamok/fitmummy-prenatalis/>
- [4] <https://www.fizioart.hu/egeszseges-testtartas-online-tanfolyam/>
- [5] <https://balancemedacademy.hu/online-fascia-keses-landing/>
- [6] [https://gyogytornaszok.hu/pt\\_tanfolyam/a-fizioterapia-aktualis-kerdesei-a-neurologiaban/](https://gyogytornaszok.hu/pt_tanfolyam/a-fizioterapia-aktualis-kerdesei-a-neurologiaban/)
- [7] [https://gyogytornaszok.hu/pt\\_tanfolyam/allkapocsizuleti-diszfunkciok-fizio-terapiaja-6/](https://gyogytornaszok.hu/pt_tanfolyam/allkapocsizuleti-diszfunkciok-fizio-terapiaja-6/)
- [8] <https://balancemedacademy.hu/courses/a-gerinc-eszkozozs-manualis-kezelesi-technikai-fascialis-szemlelettel-oktato-video/>
- [9] <https://rmda.hu/course/funkcionalis-trening-a-terapiaban-es-a-sportrehabilitacioban/>
- [10] <https://physio-vit.hu/kepzesek-es-tajekoztatok/oktatas/funkcionalis-lancelemzes>
- [11] <https://www.fizioart.hu/lab-online-tanfolyam-uj/>
- [12] <https://fmfa.hu/e-learning-kepzesek/fasciaelmelet-elearning>
- [13] [https://www.viszenkft.hu/tovabbkepzesek.php?tanfolyam\\_id=6](https://www.viszenkft.hu/tovabbkepzesek.php?tanfolyam_id=6)
- [14] <https://3nstex.hu/tanfolyamok/sorozatok/leirasok/#tl-lphc>
- [15] <https://3nstex.hu/tanfolyamok/sorozatok/leirasok/#tl-cx>
- [16] <https://sportrehabtanfolyam.hu/>
- [17] <https://siterapia.hu/tanfolyam/>

- [18] <https://varrotina.hu/manualterapia/>
- [19] <https://kepzes.primephysio.hu/index.php/instrumanual/>
- [20] <https://fmfa.hu/blended-learning-kepzeink/modern-mobilizacios-technikak-es-protokollok>
- [21] <https://fmfa.hu/e-learning-kepzeink/smr-elearning>
- [22] <https://fmfa.hu/blended-learning-kepzeink/gerinctrener>
- [23] <https://fmfa.hu/blended-learning-kepzeink/funkcionalis-trener>
- [24] <https://www.renataago.com/hu/shop/tanfolyam/online-sportrehabilitacio-level-1-tanfolyam-135000-ft-2022-marcius-24-25-26-27/>
- [25] <https://kornotorna.hu/szolgalatasaink/szakmai-tovabbkepzes/>
- [26] <https://physio-vit.hu/kepzesek-es-tajekoztatok/physiovit-online-kepzesek/flossing-online-kepzes>
- [27] <https://www.udemy.com/course/visceral-abdominal-massage-certificate-course/>
- [28] [https://study.physiotutors.com/course/discovering-fascia/?\\_gl=1\\*1g3msqw\\*\\_ga\\*OTc3MTcxODQyLjE2NzI3NTQ3MzQ.\\*\\_ga\\_BNWTSJ5Z1R\\*MTY3Mjc1NDczMy4xLjAuMTY3Mjc1NDczMy4wLjAuMA](https://study.physiotutors.com/course/discovering-fascia/?_gl=1*1g3msqw*_ga*OTc3MTcxODQyLjE2NzI3NTQ3MzQ.*_ga_BNWTSJ5Z1R*MTY3Mjc1NDczMy4xLjAuMTY3Mjc1NDczMy4wLjAuMA)