



Welcome Note

IBRC 2011

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**9th INTERNATIONAL BIOPHILIA REHABILITATION
CONFERENCE**
Warsaw, Poland; September 29-30, 2011
and
The Biophilia Workshop, Bucharest, Romania, September
25, 2011

It is a pleasure to welcome you to the 9th International Conference set up by the International Biophilia Rehabilitation Academy. This year's conference is special as it is preceded by a day's Workshop organized in Bucharest by renowned Romanian professionals and doctors in the field of rehabilitation medicine.

The word 'Biophilia' expresses 'love for living systems' and suggest the existence of an intuitive bond between human beings and all others that is alive. Human nature would thus be embedded into evolutionary biology. Biophilia puts emphasis on the psychological aspects of human functioning, which also seems the essence of rehabilitation medicine. That is underlined by the known fact that pro-active, i.e., motivated attitude toward repeated rehabilitation efforts on the part of all involved in the process, both rehabilitants and rehabilitators, is required to achieve the goal. Rehabilitation is a broad and varied area of medical activities and nowadays is understood not only as improvement or repair of lost physical functions due to diseases, but also as part of specific treatment, prophylaxis, or antiaging strategies, not least an enhancer of the executive-control brain functions. The IBRC aims to bridge that gap between rehabilitation professionals' and rehabilitated subjects' perception of the need for physical rehabilitation in various ill conditions. Another objective would be to uphold the healthy status in all too often sedentary style of life, let alone the process of normal aging. Physical exercise enhances general mental agility by creation new synaptic connections and functional circuits in the brain. Therefore, cognitive functions, such as memory or dealing with multitasking get improved. Rehabilitation has a lot of space to become a sort of creative field regarding the modifications of the techniques used.

Participating in the Biophilia Academy meetings you share your wisdom and keep up with the latest in basic and clinical aspects and innovations in rehabilitation medicine. You wise up to today's trends in clinical practice and patient care. The IBRCs tend to bring up educational and practical issues of high quality to the participants. The workshop affiliated with the IBRC 2011 will address rehabilitation practices across different countries and hopefully will provide some guidelines for best practice for rehabilitators of training programs.