

Message of Greetings

This is a message of cordial greetings to the participants of the IBRA 2026 Conference to be held in Japan on April 25th. It is my great pleasure to join you in your efforts to disseminate information about IBRA activities in the realm of medical neurological rehabilitation. This association is endowed with a strong, undaunted power to be upfront in changing the rehabilitation paradigm towards increased patient involvement in the rehabilitation process. Changes are unavoidably necessary in light of the increasing frequency of crippling neurological episodes, along with extending longevity, and a decreasing manpower of rehabilitating technicians and instructors. That is what the Takizawa Method of rehabilitative exercise is all about. The crux of the method lies in using the functional limb side to self-exercise the paretic side. It is highly motivational as patients become readily aware of a degree of recuperation and can adaptively react to rewarding progress. Over the years, IBRA has collected results supporting the positive effects of the Takizawa Method on brain functional recovery.

The activities of the IBRA are admirable and applaudable. The association organizes annual conferences despite snags, obstacles, and shortcomings. This April's conference agenda includes, inter alia, discussions on the inexorable march of rehabilitation paradigm shifts aligned with technological advancements to reinforce the positive effects of the Takizawa Method and establish a foundation for an international base of operations. The expansion of IBRA's global activities will include setting up the World Biophilia Related Association (WBRA). We respond to an increasing social demand to work towards overcoming disabilities and extending healthy lifespans by using anti-aging strategies. These ideas have been expressed at many international conferences organized by IBRA in various countries and research centers on different continents. The WBRA is definitely poised to follow suit.

Sending my best for a successful conference.

Professor Mieczyslaw Pokorski

Director of IBRA Foreign Board