

International Arthrofibrosis Association

Activity Report 2025

Stichting International Arthrofibrosis Association (Dutch ANBI)

About

The International Arthrofibrosis Association (IAA) is a Dutch-registered charity (ANBI) dedicated to improving the lives of people affected by arthrofibrosis through education, advocacy, and patient support. Our work spans clinician training, public-facing patient education, and community building worldwide.

Mission

To advance understanding, diagnosis, and treatment of arthrofibrosis by connecting patients and clinicians across borders, and by promoting evidence-based knowledge of this under-recognised condition.

2025 Highlights at a Glance

- **6 editions of the official IAA 1-Day Knee Arthrofibrosis Training Course** delivered across Europe
- Training conducted in 4 countries (Romania, Italy, Denmark, Sweden), including one course delivered in Italian
- **Arthrofibrosis Awareness Day 2025 (#AAD2025)** — global advocacy initiative led by the IAA
- **9+ long-form educational videos** published on the IAA YouTube channel, including a multi-part webinar series, a patient roundtable, and expert clinician interviews
- **9 in-depth blog articles** published on the IAA website covering diagnostics, treatment, and clinical perspectives
- Continued availability of the IAA online lecture via TrustMe-Ed
- Regular meetings with IAA Ambassadors to share ideas for promoting arthrofibrosis education and awareness, and to exchange insights about the condition
- Responded to individual patient and clinician questions via the contact form on the IAA website
- Active patient-facing presence across blog, YouTube, podcast, and social channels

- Planning two international research projects investigating novel ways to diagnose and monitor knee arthrofibrosis
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The Official IAA Knee Arthrofibrosis Training Course

The IAA's flagship educational offering is a one-day, in-person training course developed by the IAA expert panel for physiotherapists, medical doctors, surgeons, hospitals, and clinical organisations. The course presents the best available current scientific evidence for arthrofibrosis interventions and covers:

- Assessment and diagnosis of the condition
- Basic mechanisms of disease
- Patient education, self-management, and review
- Conservative treatment options including rehabilitation and medications
- Common laboratory tests and specialist referral pathways
- Treatment approaches across disciplines beyond the trainee's own field

Trainees receive key references and supplementary materials to support continued learning.

2025 Course Editions

Date	Location	Notes
Jan 18, 2025	Bucharest, Romania	
March 16, 2025	Arezzo, Italy	
May 2, 2025	Copenhagen, Denmark	
May 16, 2025	Lund, Sweden	
June 28, 2025	Bucharest, Romania	Return engagement
Oct 26, 2025	Milan, Italy	Delivered in Italian

These training editions brought structured, evidence-based arthrofibrosis education directly to clinicians and rehabilitation specialists across diverse healthcare systems.

Online Education

In parallel to the in-person training, the IAA continued to offer its online lecture *Management of Knee Arthrofibrosis* via the TrustMe-Ed platform. The lecture provides an evidence- and expertise-based foundation in diagnosis schemes and practical treatment guidelines, with clear learning objectives around early diagnosis, prioritised rehabilitation, and an up-to-date view of the scientific literature.

Public Education and Outreach

The IAA continued to expand its freely accessible educational resources for patients and clinicians worldwide:

- **Blog:** arthrofibrosis.info/blog — articles on diagnostics, treatment approaches, lived experience, and research updates
- **YouTube:** [@Arthrofibrosis](https://www.youtube.com/@Arthrofibrosis) — long-form video content reaching an international audience (see programme below)
- **Social media:** active presence on Facebook, X, LinkedIn, Instagram, and Spotify (podcast)

These channels remain core to the IAA's mission of demystifying arthrofibrosis and reducing the diagnostic delay many patients experience.

Direct Engagement

Beyond published content, the IAA engaged directly with its community throughout 2025:

- **Individual support:** the IAA responded to patient and clinician questions submitted via the contact form on the IAA website, offering tailored information and signposting.
- **IAA Ambassadors:** regular meetings were held with the IAA Ambassadors to share ideas for promoting arthrofibrosis education and awareness, and to exchange insights about the condition across different countries and care contexts.

2025 YouTube Programme

The IAA YouTube channel released a substantial slate of long-form educational content in 2025, with all videos publicly available and free to view. Highlights include:

Date	Title	Format
Jun 5, 2025	Stretch and Arthrofibrosis (Parts 1 & 2) — interview with Nikos C. Apostolopoulos, Ph.D.	Expert interview, ~1h total
Oct 14, 2025	IAA Interview — Patient Lived Experience	Patient interview (part of Arthrofibrosis Awareness Day 2025)
Oct 15, 2025	Arthrofibrosis Patient Roundtable 2025 (Parts 1 & 2)	International patient roundtable, ~1h total
Oct 18, 2025	Arthrofibrosis Explained: Understanding and Diagnosing — IAA Webinar Part 1	Webinar with Sebastiano Nutarelli
Oct 18, 2025	Arthrofibrosis Explained: Differential Diagnosis & Clinical Evaluation — IAA Webinar Part 2	Webinar with Sebastiano Nutarelli
Oct 26, 2025	Arthrofibrosis Explained: Key Insights on Diagnosis & Understanding — IAA Ambassadors Edition	Condensed webinar with IAA Ambassadors Claudia and Toma
Nov 9, 2025	Arthrofibrosis After Total Knee Replacement (TKR) — insights with Dr. Marco Valoroso (EOC Hospitals, Lugano; EUKAFcenter)	Clinician interview

Arthrofibrosis Awareness Day 2025 (#AAD2025)

A central pillar of the 2025 programme was **Arthrofibrosis Awareness Day 2025 (#AAD2025)**, a global initiative led by the IAA to increase understanding, improve care, and amplify patient voices. The patient roundtable, lived-experience interview, and webinar series were all anchored around this annual moment of advocacy.

2025 Blog Programme

The IAA blog published **9 in-depth articles in 2025** covering diagnostics, treatment controversies, and clinical perspectives on arthrofibrosis. Topics included surgical strategy and best practices after total knee replacement, imaging and diagnosis, panel discussions among international experts, and patient-relevant deep-dives such as the role of tourniquets, ionising radiation, fat pads, and clinical evaluation approaches.

The full archive is freely available at arthrofibrosis.info/blog.

Merchandise and Awareness Items

The IAA operates an official Sticker Mule store offering branded pins, stickers, and apparel:

- **Store:** stickermule.com/arthrofibrosis

These items support the IAA's awareness mission and give patients, clinicians, and supporters a tangible way to represent the cause within their own communities.

Research Planning

During 2025 the IAA began planning two international research projects investigating novel ways to diagnose and monitor knee arthrofibrosis. This groundwork laid the foundation for the projects to move into their active research phase in 2026.

Looking Ahead to 2026

A strong pipeline of training editions is already scheduled for 2026, including:

- June 19, 2026 — Chicago, IL (USA)
- June 27, 2026 — Bucharest (Romania)
- June 28, 2026 — Timisoara (Romania)
- August 28, 2026 — Zurich (Switzerland), c/o Schulthess Klinik
- November 22, 2026 — Milan (Italy), in Italian

This pipeline reflects the growing international demand for structured arthrofibrosis training and the IAA's consolidating role as a hub for clinician education and patient advocacy.

Governance and Charity Status

The IAA is registered as a Dutch ANBI (Algemeen Nut Beogende Instelling), recognised as a public-benefit organisation. ANBI details and supporting information are available at:

arthrofibrosis.info/charity

Thank you to every clinician, trainer, patient, and supporter who contributed to the IAA's work in 2025.