

## OPINION

# AI and POGP: where do we go from here?

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### Abstract

Artificial intelligence (AI) has advanced rapidly in recent years, prompting both excitement about its potential benefits and concern regarding its societal risks. While reactive and limited-memory AI systems are now widely deployed, the emergence of artificial general intelligence remains uncertain, despite accelerating progress in large language models and growing debate among leading experts. Within healthcare, AI's strongest contributions lie in pattern recognition, where it already supports diagnostic screening and biomedical discovery. For pelvic, obstetric and gynaecological physiotherapy, AI is unlikely to replace practitioner–patient interaction, but may enhance clinical decision-making by validating assessments or highlighting atypical conditions earlier in the treatment pathway. However, issues of accuracy, environmental cost and overreliance remain critical considerations. In academic publishing, the rise of AI-assisted writing has introduced new challenges, including undisclosed use of generative tools, distorted references and a surge in low-quality submissions, with implications for peer review and scholarly trust. This opinion paper examines these developments and their consequences for clinical practice, POGP as an organization and the broader research ecosystem, acknowledging the difficulty of capturing a landscape that continues to evolve at extraordinary speed.

*Keywords:* artificial intelligence, healthcare, physiotherapy, POGP, publishing.

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### Introduction

So-called artificial intelligence (AI) has evolved at a startling pace over the past 3 years (Peccarelli 2022). From large language models (LLMs) and image generators to self-driving cars and autonomous drones, the robots are on the rise, and the general public now has online access to a continually evolving electronic toolkit. The question is: will these systems ultimately free us from drudgery or pose an existential threat to humanity? A statement made by leading AI experts from around the world framed the latter possibility in stark terms (Hinton *et al.* 2023): “Mitigating the risk of extinction from AI should be a global priority alongside other

societal-scale risks such as pandemics and nuclear war.”

Of course, it is all too easy to think of AI as a threat. We have been conditioned by science-fiction films to regard computers as antagonists. HAL 9000 in *2001: A Space Odyssey* (1968), Skynet in the *Terminator* series (1984–2019) and the titular Model 3 Generative Android in *M3GAN* (2022) are all equally murderous, only the numbers of their victims vary. For more benign creations, you must look to the literature, and works such as Isaac Asimov's *Robot* stories (1940–1995), John Saldek's *Roderick* novels (1980–1983) and Iain M. Banks' *Culture* series (1987–2012).

However, there is another equally worrying possibility: this is a bubble of mendacious hype, and when it bursts, the fallout will crash the economy (Doctrow 2023; Karma 2025).

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