

# PHYSICAL AND REHABILITATION MEDICINE IN PAIN MANAGEMENT



*As to diseases make a habit of two things, to help or at least to do no harm  
Hippocrates (Kos, 460BC – Larissa, 377 BC)*

## PHYSICAL AND REHABILITATION MEDICINE IN PAIN MANAGEMENT Larissa, Greece, 25th-27<sup>th</sup> June 2026



ΕΛΛΗΝΙΚΗ ΕΤΑΙΡΕΙΑ ΑΛΓΟΛΟΓΙΑΣ  
**HELLENIC SOCIETY OF ALGOLOGY**  
ΕΛΛΗΝΙΚΟ ΤΜΗΜΑ ΤΗΣ IASP & EFIC  
GREEK CHAPTER OF IASP & EFIC



Ιατρικός Σύλλογος Λάρισσας  
"Ο Ιπποκράτης"  
Medical Association of Larissa



**Endorsed by EFIC  
Under the Auspices of:  
Hellenic Society of Algology, Hellenic Society of Physical Medicine & Rehabilitation,  
Anesthesiology Department, Medical School, University of Thessaly,  
2<sup>nd</sup> Neurosurgery Department, Medical School, National & Kapodistrian University of Athens,  
Medical Association of Larissa,  
Municipality of Larissa**

## PHYSICAL AND REHABILITATION MEDICINE IN PAIN MANAGEMENT

### GENERAL INFORMATION

#### School Venue

Divani Palace Larissa Hotel, Larissa, 19  
Papanastassiou Str.41222, Greece,  
Tel. [+30 2410 252791](tel:+302410252791)  
Email [info@divanilarissa.gr](mailto:info@divanilarissa.gr)  
&  
Physiatriki Pain Management Center  
211 Iroon Polytechniou St.,  
412 22 Larissa, Greece.

#### Transfer

A scheduled transfer will be provided for  
all attendees between Divani Palace  
Larissa and Physiatriki Pain Management  
Center.

#### Date

Thursday, June 25th, 2026, 08:00- 17:00  
Friday, June 26th, 2026, 08:30- 17:00  
Saturday, June 27th, 2026, 08:30- 14:00

#### Participants

Healthcare professionals including  
physicians, physical therapists,  
psychologists, nurses, occupational  
therapists and other rehabilitation  
specialists.

#### Registration Fee

The fee is 1,000€ and includes lectures,  
accommodation (Divani Palace Larissa),  
meals during breaks, lunches and dinner.

Please contact [info@physiatriki.gr](mailto:info@physiatriki.gr) to  
find out more.

#### Official Language

The official language of the Course is  
English.  
Level of English needs to be at least C1 or  
higher [according to the CEFR standard.](#)

#### Certificate of Attendance

Registered participants will be able to  
obtain a certificate of attendance when  
attending sessions during the School.

## PHYSICAL AND REHABILITATION MEDICINE IN PAIN MANAGEMENT

**Objectives:** to increase awareness, knowledge and practical skill by using physical and rehabilitation medicine approach in chronic pain patient management.

**Course Organisers:**

**Efthimios Kouloulas** (EDPM, EFIC Academy member, Greece), Physiatriki Pain Management Center, Larissa, Greece

**Indre Bileviciute Ljungar** (Chair, EFIC Education Committee) Dept. Clinical Sciences Danderyd University Hospital, Karolinska Institute, Sweden

**School Venue:** Divani Palace Larissa Hotel & “Physiatriki Pain Management Center”, Rehabilitation Center, Larissa, Greece.

**Board of Faculty:**

**Indre Bileviciute Ljungar**, EDPM, PRM & Pain medicine physician, assoc. professor in Rehabilitation Medicine, Chair EFIC Education Committee, Stockholm, Sweden

**Luis Garcia-Larrea**, President EFIC, professor in Clinical Neurophysiology, Lyon, France

**Daniel Ciampi de Andrade**, specialist in Neurology, Aalborg Univ Hospital and CMAP, Denmark

**Eleni Chrona**, Consultant Anesthesiologist, Director Anesthesiology Dpt, General Hospital “St Panteleemon”, Nikaia - Piraeus, President of the Hellenic Algology Society (HAS), Greece

**Eleni Arnaoutoglou**, Professor of Anesthesiology, Faculty of medicine, University Hospital of Larissa

**Metaxia Bareka**, Assistant Professor of Anesthesiology, Faculty of medicine, University Hospital of Larissa

**Katerina Bouzia**, EDPM, Assistant Professor of Anaesthesiology, Faculty of Medicine, University Hospital of Larissa.

**Marianthi Varveri**, Consultant Anesthesiologist, General Hospital “Papageorgiou”, Thessaloniki, Greece

**Eleni Koraki**, Consultant Anesthesiologist, Director Anesthesiology Dpt, Papageorgiou Hospital, Thessaloniki, Greece,

**Aristeidis Zibis**, Professor of Orthopedics, Dean of the Faculty of Medicine, Chairman of Anatomy Department, University of Thessaly

**Steven Stanos**, PRM & Pain medicine physician, Head of Pain services, Swedish Hospital, Seattle, Washington, USA

**Efstathios Boviatsis**, Professor of Neurosurgery, Head of 2nd Neurosurgery Dpt, National & Kapodistrian University of Athens, Attikon Hospital, Athens,

**Efthimios Kouloulas**, EDPM, SFEBPRM, PRM & Pain medicine physician, Director of “Physiatriki Pain Management Center”, Larissa - Rehabilitation consultant, 2nd Neurosurgery Dpt, National & Kapodistrian University of Athens, Attikon Hospital,

**Nikolaos Sorras**, EDPM, PRM & Pain medicine physician, Director of PRM, Dpt, 401 General Army Hospital, Athens

**Markos Sgantzos**, Professor of Anatomy & Physical Medicine & Rehabilitation, Medical School, University of Thessaly, President of Hellenic Physical Medicine & Rehabilitation Society, Larissa

## PHYSICAL AND REHABILITATION MEDICINE IN PAIN MANAGEMENT

### **Introduction**

*Comprehensive, team-based management of chronic pain requires both pharmacological and non-pharmacological approaches as well as multidisciplinary pain rehabilitation when indicated. Careful assessment of an individual's pain complains, a biopsychosocially- based history, focused physical examination, symptoms' impact on functioning and activities are important to support our decisions what drugs should be prescribed and what physical and rehabilitation methods are indicated.*

*Physical and rehabilitation medicine should be comprehensive in chronic pain management and in some cases might be the only one which patient wants to try or is indicated due to drug intolerance and comorbidities. Today, physical and rehabilitation medicine combines both "passive" and "active" treatments in terms of pain relief and behavioral changes to enhance patient's functioning and activity levels.*

*The aim of this joint pain school is to increase awareness of when to use physical and rehabilitation medicine in chronic pain management with and without pharmacological treatments and to provide practical skills when using evidence-based treatments, including multimodal pain rehabilitation.*

*The school's structure will consist of half-day theoretical and half-day practical sessions. Day 1: Definitions, pathophysiology, mechanisms and diagnostic methods. Day 2: Therapeutic approaches in pain rehab, with focus on evidence and Day 3: Physical/rehab therapies for pain patients with special demands and the multimodal / interprofessional approach in physical and rehabilitation medicine. The participants will also get access to recommended material from the EFIC Academy to be read in advance. This pre-reading material will give a theoretical introduction to many topics in the program and will be linked to the topics in the program.*

**Target Audience:** *Different healthcare professionals working with chronic pain patients and wanted to learn more knowledge how to implement treatments and techniques depending on pain phenotypes and comorbidities. The school is intended for health care applicants from different professions facing chronic pain patients (physicians, physical therapists, occupational therapists, psychologists and other health care specialists in rehabilitation)*

**Maximum number of candidates: 25**

**Course Fee: 1000<sup>E</sup>**, includes lectures, accommodation (Divani Palace Larissa Hotel), meals during breaks, lunches and dinner. Please contact [info@physiatriki.gr](mailto:info@physiatriki.gr) to find out more.

**Accommodation:** Divani Palace Larissa Hotel

## PHYSICAL AND REHABILITATION MEDICINE IN PAIN MANAGEMENT

24th of June

21:00. **Opening Ceremony**

**Brief Welcome Message:** *highlighting the role of the Medical Association of Larissa, the Medical School of Larissa and Municipality of Larissa in supporting medical education, scientific collaboration, and international exchange.*

**Welcome Cocktail Dinner**

Day 1 (25<sup>th</sup> of June)

**General theme: Introduction to pain mechanisms, chronic pain types and clinical examination**

08:30 – 09:15. **Anatomy and physiology of pain processes: from receptors to brain networks**

*Aristeidis Zibis (chair) and Luis Garcia-Larrea*

09:30 – 10:15 **Mechanisms behind nociceptive, neuropathic and “nociplastic” or “primary” pain**

*Eleni Arnaoutoglou (chair) and Metaxia Bareka*

10:15-10:45. Coffee break.

10:45-11:45 **The Biopsychosocial model of pain and the ICF (International Classification of Functioning, Disability and Health) 60 min (includes 5 minutes break)**

*Steven Stanos*

11:45 – 13:00 **The clinical examination of pain patient**

*Indre Bileviciute Ljungar and Efthimios Kouloulas*

Lunch 13.00-14.00

## PHYSICAL AND REHABILITATION MEDICINE IN PAIN MANAGEMENT

14:00-16:30 **Group hands-on sessions – the role of pain analysis to orient treatment. How we do that?** (coffee break between 15.00 to 15.30)

Practical investigations 2 hours (30 min x4 rotations) for understanding and training the skills for pain analysis. After short introduction the attendees will practice in pairs under supervision.

Four groups:

- nociceptive (osteoarthritis/ SIJ, Hip pain, chronic joint inflammation and inflammatory conditions in spine structures); supervisor Steven Stanos
- neuropathic (central and peripheral neuropathic pain); supervisor Daniel Ciampi de Andrade and Luis Garcia-Larrea
- mixed (low back pain + radiculopathy) supervisor Efthimios Kouloulas
- nociplastic pain (generalised/fibromyalgia and hypermobility disorders); supervisor Indre Bileviciute Ljungar

16:30- 17:00 Summary gathering

17.00 Visit to Hippocrates tomb & Hippocrates Botanic garden in Larissa  
Dinner together

### Day 2 (26<sup>th</sup> of June)

**General theme: Grand classes of physical and rehabilitation therapies for pain**

8:30-9:15. **Neurostimulation: Theoretical knowledge on the mechanisms behind.**

*Luis Garcia-Larrea*

9:15-10:00 **Pain Neuromodulation in rehabilitation medicine– Evidence and indications of established techniques**

- Magnetic Peripheral Nerve Stimulation (mPNS) – *Efthimios Kouloulas*
- Pulsed radiofrequency – *Marianthi Varveri*
- Spinal cord stimulation – *Efstathios Boviatsis*
- Brain stimulation: rTMS/tDCS – *Luis Garcia Larrea & Daniel Ciampi*

*Coffee break 10:00-10:30*

10:30-11:15 **Pain Neuromodulation and other physical therapies, Evidence and indications** *Efthimios Kouloulas and Nikolaos Sorras*

- Heat, cold, - Nikolaos Sorras
- TENS / PENS - Nikolaos Sorras
- Ultrasound – Laser – Radiofrequency therapy - Efthimios Kouloulas
- Extracorporeal shockwave treatment (ESWT) - Efthimios Kouloulas
- Dry needling, Kinesio taping - Nikolaos Sorras

## PHYSICAL AND REHABILITATION MEDICINE IN PAIN MANAGEMENT

### 11:15-12:00 **Exercise-based and mind-body techniques: evidence & indications**

*Steven Stanos and Efthimios Kouloulas*

- a. Exercise is Medicine - Efthimios Kouloulas
- b. Body movement-therapies: Pilates and Tai Chi – Efthimios Kouloulas
- c. Graded motor imagery – Virtual imagery - Biofeedback therapy – Steven Stanos
- d. Digital medicine and telehealth (Virtual Reality, tele medicine) – Steven Stanos

*Short brake*

### 12:10 – 13:00. **Pharmacotherapy and Regenerative medicine in pain rehabilitation (“yes, you also use drugs”)**

*Indre Bileviciute-Ljungar, Efthimios Kouloulas & Katerina Bouzia*

- a. Commonly first and second line drugs Katerina Bouzia
- b. Botulinum toxin Indre Ljungar
- c. Platelet-rich plasma – Efthimios Kouloulas
- d. Hyaluronic agents – Efthimios Kouloulas

*Lunch 13.00-14.00*

### 14:00-16:30 **Group hands-on sessions – different treatment modalities with practical exercises (coffee break between 15.00 to 15.30)**

Practical sessions 2 hours (20 min x 6 rotations) for different treatment modalities. After short introduction the attendees will practice in pairs or with mannequins under supervision.

Four groups:

- Botulinum toxin injections
- Biofeedback therapy
- rTMS and mPNS
- Platelet-rich plasma & HA injections
- Shockwave treatment (rESWT & fEWST)
- Physical therapy modalities (PENS, Radiofrequency, HILaser)

16:30- 17:00 Summary gathering.

*17.00 Visit to a Local Winery  
Dinner together*

## PHYSICAL AND REHABILITATION MEDICINE IN PAIN MANAGEMENT

Day 3 (27<sup>th</sup> of June)

**General theme: How to adapt physical and rehabilitation therapies for pain patients?**

08:30-08:50 Pain rehabilitation approach in children and adolescents.

*Indre Bileviciute Ljungar*

08:50-09:10 Neuro-rehabilitation in the elderly and patients with cognitive impairments.

*Daniel Ciampi de Andrade*

*Short brake*

09:20-09:40 Pain rehabilitation approach in cancer survivors

*Eleni Chrona (chair) and Eleni Koraki*

09:40-10:00 Pain rehabilitation in neurological conditions (stroke, multiple sclerosis, spinal cord injury)

*Markos Sgantzos (chair) and Efthimios Kouloulas*

*Coffee break 10.00-10.30*

10:30-11:15 **Multimodal/multidisciplinary/interdisciplinary team-based interventions**

*Steven Stanos*

11:15-12:00 **Rehabilitation (programs) for chronic pain patients– do we have evidence?**

*Indre Bileviciute-Ljungar*

12:00-13:00 **Global discussion “How can I contribute to improve multidisciplinary pain management at my place? – Facilitators and barriers”**

**Lead by Daniel Ciampi de Andrade - Panel discussion with lecturers and participants**

*Lunch 13.00-14.00*

**14.00 Excursion to Meteora Rocks, Unesco Monument, and dinner together.**

## PHYSICAL AND REHABILITATION MEDICINE IN PAIN MANAGEMENT

### Topics covered in EDPM Pain curriculum

	<i>1st day</i>		<i>2nd day</i>		<i>3rd day</i>	
	<i>hours</i>	<i>EDPM</i>	<i>hours</i>	<i>EDPM</i>	<i>hours</i>	<i>EDPM</i>
<i>Lectures</i>	4	1.2, 1.3.2,1.4, 1.6, 1.7, 2.1.2, 2.1.3, 3.2, 3.4, 3.6,	4	1.6.17, 1.8. 1.9, 2.1.20, 2.1.22, 2.1.23, 3.2.11, 3.4.13, 3.5.27,	4	2.1.31, 2.1.25, 3.2.4, 3.2.6, 3.2.11, 3.3, 4.1.26, 4.1.27, 4.1.39, 4.2.12, 4.2.13, 4.2.25, 4.2.26, 4.2.27, 5.1.
<i>Group sessions learning more about pain (teaching), time</i>	2	1.7, 3.2, 3.4, 3.5, 3.6, 3.10				
<i>Demonstration of techniques</i>			2	2.1.20, 2.1.22, 2.1.23, 3.4.13, 3.5.23, 3.5.25		

### Topics covered in EDPP Pain curriculum

	<i>1st day</i>		<i>2nd day</i>		<i>3rd day</i>	
	<i>hours</i>	<i>EDPP</i>	<i>hours</i>	<i>EDPP</i>	<i>hours</i>	<i>EDPP</i>
<i>Lectures</i>	4	1.1, 1.3, 2.1, 2.2, 4.1.3, 4.1.4, 4.2.3, 4.3.4,	4	3.4, 3.5.2, 3.5.3, 3.7.1, 3.8, 4.2.4, 4.2.7	4	2.2.3, 3.5.1, 3.5.4, 3.6, 4.2.6, 4.3.1, 4.3.2, 4.3.3, 4.4, 4.5
<i>Group sessions learning more about pain (teaching), time</i>	2	4.1.3, 4.1.4, 4.2.3				
<i>Demonstration of techniques</i>			2	3.5.2, 3.5.3, 3.7.1, 3.8, 4.2.4, 4.2.7		

## PHYSICAL AND REHABILITATION MEDICINE IN PAIN MANAGEMENT

### **Declarations of applicants:**

Efthimios Kouloulas, MD, PhD

Physiatrist, SFEbPRM - Pain Specialist, EDPM

Founder / Medical Director, Rehabilitation Center

“Physiatriki Pain Management Center”, Larissa,

Scientific Associate, 2nd Neurosurgery Dpt

National & Kapodistrian University of Athens, Attikon Hospital, Athens, Greece

(Nothing to declare)

Indre Bileviciute-Ljungar, MD, PhD

Physiatrist, SFEbPRM - Pain Specialist, EDPM

Dept. of Clinical Sciences Karolinska Institutet,

Dept. of Rehabilitation Medicine, Danderyd University Hospital, Stockholm, Sweden.

(Nothing to declare)



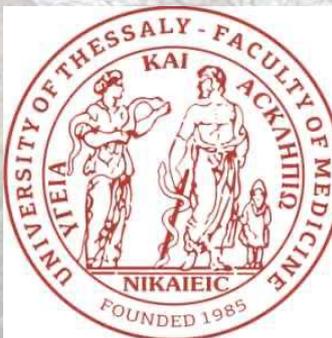
1<sup>st</sup> Ancient Theatre of Larissa, Greece, 300 BC

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IN PAIN MANAGEMENT**



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 ΠΑΝΕΠΙΣΤΗΜΙΑΚΟ  
ΓΕΝΙΚΟ  
ΝΟΣΟΚΟΜΕΙΟ   
**ΑΤΤΙΚΟΝ**

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“Ο Ιπποκράτης”  
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**ΔΗΜΟΣ ΛΑΡΙΣΑΙΩΝ**  
MUNICIPALITY OF LARISSA

