

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, 377BC)*

PHYSICAL AND REHABILITATION MEDICINE IN PAIN MANAGEMENT Larissa, Greece, 25th-27th June 2026



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



HELLENIC REPUBLIC
National and Kapodistrian
University of Athens



Ιατρικός Σύλλογος Λάρισσας
"Ο Ιπποκράτης"
Medical Association of Larissa



HELLENIC REPUBLIC
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Endorsed by EFIC

Under the Auspices of:

**Hellenic Society of Algology, Hellenic Society of Physical Medicine & Rehabilitation,
Anesthesiology Department & Medical School, University of Thessaly,
2nd Neurosurgery Department & Medical School, National & Kapodistrian University of Athens,
Medical Association of Larissa, Municipality of Larissa, Region of Thessaly**

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
&
Physiatriki Pain Management Center
211 Iroon Polytechnieiu St.,
412 22 Larissa, Greece.

Transfer

Scheduled transfers 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

15 participants will be granted by EFIC
For 10 participants the fee could be 1,000€ and includes lectures, accommodation (Divani Palace Larissa), meals during breaks, lunches and dinners.

Please contact 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.](#)

Registered Certificate of Attendance

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

MD, PhD, EDPM, PRM & Pain medicine physician, Associate Professor in Rehabilitation Medicine, Chair EFIC Education Committee, Stockholm, Sweden

Luis Garcia-Larrea

MD, PhD, President EFIC, Professor in Clinical Neurophysiology, Lyon, France

Daniel Ciampi de Andrade

MD, PhD, Specialist in Neurology, Aalborg University Hospital and CMAP, Denmark

Eleni Chrona

Consultant, Director Anesthesiology Dpt, «St Panteleimon» General Hospital, Nikaia - Piraeus, President of the Hellenic Algology Society (HAS), Greece

Eleni Arnaoutoglou

MD, PhD, Professor of Anesthesiology, Faculty of medicine, University Hospital of Larissa, Greece

Metaxia Bareka,

MD, PhD, Associate Professor of Anesthesiology, Faculty of medicine, University Hospital of Larissa, Greece

Katerina Bouzia

MD, PhD, EDPM, Assistant Professor of Anesthesiology, Faculty of Medicine, University Hospital of Larissa, Greece

Marianthi Varveri

Consultant Anesthesiologist, «Papageorgiou» General Hospital, Thessaloniki, Greece

Eleni Koraki,

Consultant Anesthesiologist, Director Anesthesiology Dpt, Papageorgiou Hospital, Thessaloniki, Greece

Aristeidis Zibis

MD, PhD, Professor of Orthopedics, Dean of the Faculty of Medicine, Chairman of Anatomy Department, University of Thessaly

Steven Stanos

DO, PhD, PRM & Pain medicine physician, Head of Pain services, Swedish Hospital, Seattle, Washington, USA

Efstathios Boviatsis

MD, PhD, Professor of Neurosurgery, Head of 2nd Neurosurgery Dpt, National & Kapodistrian University of Athens, Attikon Hospital, Athens, Greece

Nikolaos Chaliasos

MD, PhD, Associate Professor of Neurosurgery, 2nd Neurosurgery Dpt, National & Kapodistrian University of Athens, Attikon Hospital, Athens, Greece

Spyridon Vasdekis

MD, PhD, Emeritus Professor of Vascular Surgery, National & Kapodistrian University of Athens

Efthimios Kouloulas,

MD, PhD, EDPM, SFEBPRM, PRM & Pain medicine physician, Director of «Physiatriki Pain Management Center», Larissa - Rehabilitation consultant, 2nd Neurosurgery Dpt, NKUoA, Attikon Hospital, Athens, Greece

Alexandros Papadeas,

MD, LFEBPRM, PRM physician, Director of «Epiphany Rehabilitation Center» Athens, Greece

Xanthi Michail

MD, PhD, LFEBPRM, PRM physician, Emeritus Professor of Rehabilitation Medicine UoWA, Honorary President of Hellenic Physical Medicine & Rehabilitation Society, Past President of PRM European Academy, Athens, Greece

Nikolaos Sorras

MD, EDPM, PRM & Pain medicine physician, Director of PRM Dpt, 401 General Army Hospital, Athens, Greece

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 complaints, 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, 15 EFIC granted participants + 10 max self-payments

Course Fee (for self-payments): 1,000^E, includes lectures, accommodation (Divani Palace Larissa Hotel), meals during breaks, lunches and dinner. Please contact info@physiatriki.gr to find out more.

Accommodation: Divani Palace Larissa Hotel



European Pain Federation

PHYSICAL AND REHABILITATION MEDICINE IN PAIN MANAGEMENT

Wednesday, 24th June

21:00 **Opening Ceremony**

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

Welcome Cocktail

Thursday, 25th June

Divani Palace Larissa

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** (EFIC Academy video: *Neurobiology of pain. K. Bannister (30 min)*)

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)**

Xanthi Michail (chair) and Steven Stanos

(includes a 5-minute break)

11:45-13:00 **The clinical assessment of the pain patient**
Indre Bileviciute Ljungar and Efthimios Kouloulas

13:00-14:00 **Light Lunch**

14:00 **Transportation to Physiatriki Pain Management Center**



Physiatriki Pain Management Center

14:30-17:00

Group hands-on sessions – the role of pain analysis to orient treatment. How we do that?

coffee break between 15:30 to 16:00

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)

supervisors **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**

17:00-17:30

Summary gathering

18:00

Visit to Hippocrates tomb & Hippocrates Botanic Garden in Larissa

19:00

Dinner together



Friday, 26th June

Divani Palace Larissa

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

08:30-09:15 **Neurostimulation: Theoretical knowledge on the mechanisms behind**
Eleni Chrona (chair) and Luis Garcia-Larrea

09:15-10:00 **Pain Neuromodulation in rehabilitation medicine– Evidence and indications of established techniques**

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

10:00-10:30 **Coffee break**

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

- a. Heat, cold - **Nikolaos Sorras**
- b. TENS / PENS - **Nikolaos Sorras**
- c. Ultrasound – HILaser – Radiofrequency therapy - **Efthimios Kouloulas**
- d. Extracorporeal shockwave treatment (ESWT) - **Efthimios Kouloulas**
- e. Dry needling, Kinesio taping - **Nikolaos Sorras**

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**

12:00-12:10 **Short break**

12:10-13:00 **Pharmacotherapy and Regenerative medicine in pain rehabilitation (yes, you also use drugs)**

Indre Bileviciute-Ljungar, Efthimios Kouloulas and 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**

13:00-14:00 **Light Lunch**

14:00-14:30 **Transportation to Physiatriki Pain Management Center for the hands-on sessions**

PHYSICAL AND REHABILITATION MEDICINE IN PAIN MANAGEMENT

Physiatriki Pain Management Center

14:30-17:00 **Group hands-on sessions – different treatment modalities with practical exercises**

coffee break between 15:30 -16:00

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:

- 1. rTMS and mPNS**
supervisors **Luis Garcia-Larrea** and **Daniel Ciampi de Andrade**
- 2. Biofeedback therapy**
supervisor **Spyridon Vasdekis**
- 3. Botulinum toxin injections**
supervisor **Indre Bileviciute Ljungar**
- 4. Platelet-rich plasma & HA injections**
supervisor **Alexandros Papadeas**
- 5. Shockwave treatment (rESWT & fEWST)**
supervisor **Efthimios Kouloulas**
- 6. Physical therapy modalities (PENS, Radiofrequency, Laser class 4)**
supervisor **Efthimios Kouloulas**

17:00-17:30 **Summary Gathering**

18:00 **Visit to Diachronic Museum of Larissa**

19:00 **Dinner together**

PHYSICAL AND REHABILITATION MEDICINE IN PAIN MANAGEMENT

Saturday, 27th June

07:00 -10:00 **Excursion to Meteora Rocks, UNESCO Monument (optional)**

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

10:30-10:50 **Pain rehabilitation approach in children and adolescents**
Luis Garcia-Larrea (chair) and Indre Bileviciute Ljungar

10:50-11:10 **Neuro-rehabilitation in the elderly and patients with cognitive impairments**
Luis Garcia-Larrea (chair) and Daniel Ciampi de Andrade

11:10-11:20 ***Coffee Break***

11:20-11:40 **Pain rehabilitation approach in cancer survivors**
Eleni Chrona (chair) and Eleni Koraki

11:40-12:00 **Pain rehabilitation in neurological conditions (stroke, multiple sclerosis, spinal cord injury)**
Eleni Chrona (chair) and Efthimios Kouloulas

12:00- 12:30 ***Light Lunch***

12:30-13:15 **Multimodal/multidisciplinary/interdisciplinary team-based interventions**
Xanthi Michail (chair) and Steven Stanos

13:15-14:00 **Rehabilitation (programs) for chronic pain patients– do we have evidence?**
Xanthi Michail (chair) and Indre Bileviciute-Ljungar

14:00-14:30 **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

14:30 ***Diploma award ceremony - End of school***

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

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

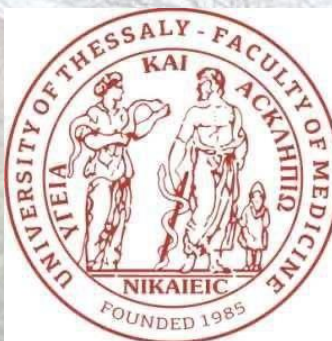


1st Ancient Theatre of Larissa, Greece, 300 BC

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