

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 Λάρισας
"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,
2nd Neurosurgery Department & Medical School, National & Kapodistrian University of Athens,
Medical Association of Larissa, Municipality of Larissa, Region of Thessaly**

OSTRAcon

INDIBA®
revitalizing lives

K·LASER®



Δύο κορυφαίες τεχνολογίες, ένας κοινός στόχος: η βελτίωση των θεραπευτικών αποτελεσμάτων. Η INDIBA Compact Line και τα συστήματα K-Laser συνδυάζουν επιστημονική τεκμηρίωση, καινοτομία και υψηλή απόδοση, προσφέροντας σύγχρονες λύσεις για αναγέννηση ιστών, αποκατάσταση και διαχείριση του πόνου.

ostracon.gr



LITE

PRO

PLUS

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 Polytechniou 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

EDPM, PRM & Pain medicine physician, Associate 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 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

Professor of Anesthesiology, Faculty of medicine, University Hospital of Larissa

Metaxia Bareka, Associate Professor of Anesthesiology, Faculty of medicine, University Hospital of Larissa

Katerina Bouzia

EDPM, Assistant Professor of Anesthesiology, Faculty of Medicine, University Hospital of Larissa

Marianthi Varveri

Consultant Anesthesiologist, «Papageorgiou» General Hospital, 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

Nikolaos Chaliasos

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

Spyridon Vasdekis

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

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

Alexandros Papadeas,

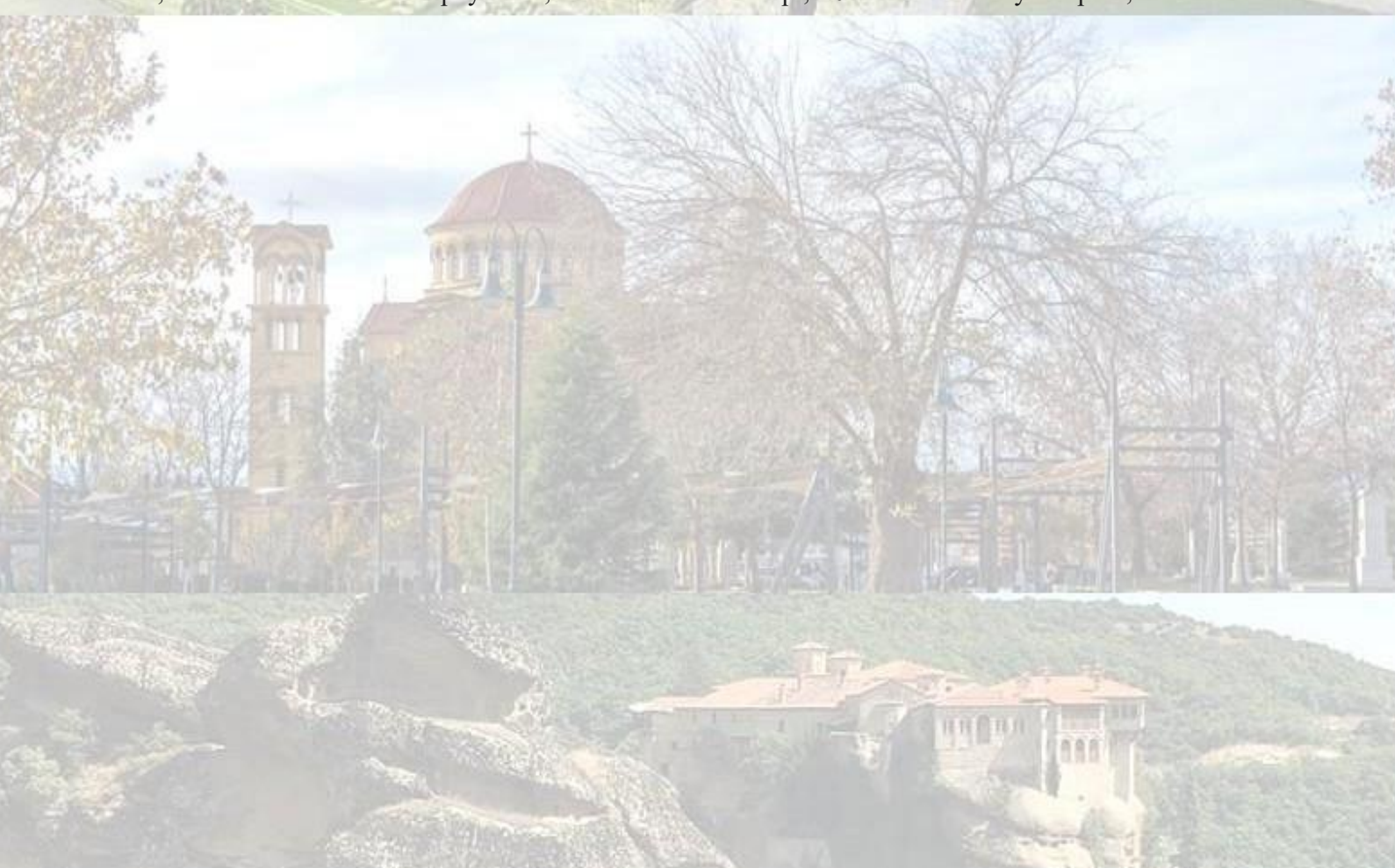
LFEBPRM, PRM physician, Director of «Epiphany Rehabilitation Center» Athens

Xanthi Michail

LFEBPRM, PRM physician, Emeritus Professor of PRM NKUoA, Honorary President of Hellenic Physical Medicine & Rehabilitation Society, Past President of PRM Academy

Nikolaos Sorras

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



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

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 examination of 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**

17:00-18:00

Summary gathering

18:30

Dinner together

20:30

Visit to Hippocrates tomb & Hippocrates Botanic Garden in Larissa



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**



European Pain Federation

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:

Botulinum toxin injections

supervisor **Indre Bileviciute Ljungar**

Biofeedback therapy

supervisor **Spyridon Vasdekis**

rTMS and mPNS

supervisors **Luis Garcia-Larrea and Daniel Ciampi de Andrade**

Platelet-rich plasma & HA injections

supervisor **Alexandros Papadeas**

Shockwave treatment (rESWT & fEWST)

supervisor **Efthimios Kouloulas**

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

20:30

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

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>
Lectures	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.
Group sessions learning more about pain (teaching), time	2	1.7, 3.2, 3.4, 3.5, 3.6, 3.10				
Demonstration of techniques			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>
Lectures	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
Group sessions learning more about pain (teaching), time	2	4.1.3, 4.1.4, 4.2.3				
Demonstration of techniques			2	3.5.2, 3.5.3, 3.7.1, 3.8, 4.2.4, 4.2.7		



European Pain Federation

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

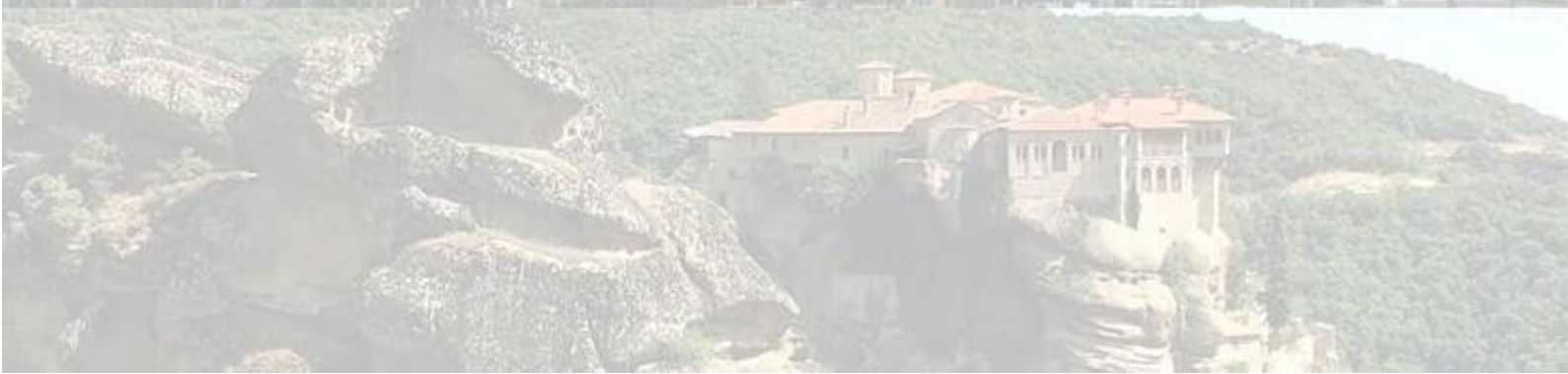
Physiatrist, SFEBPRM - Pain Specialist, EDPM

Dept. of Clinical Sciences Karolinska Institutet,

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



1st Ancient Theatre of Larissa, Greece, 300 BC





UNIVERSITY OF THESSALY



FACULTY OF MEDICINE
SCHOOL OF HEALTH SCIENCES



DEPARTMENT OF ANESTHESIOLOGY

HEAD
OF THE PROGRAM
Eleni M. Arnaoutoglou
Professor of Anesthesiology

ADDRESS

Department of Medicine, University of Thessaly
Ground Floor, Office A.102c, 3 Panepistimiou Street,
Biopolis, 415 00, Larissa

POSTGRADUATE
STUDIES
PROGRAM

**MSc in Algology
and Palliative
Care**

GET INFORMED

duration **1,5 years**
(3 semesters)

CALL FOR APPLICATIONS
April 2026

COURSES START
October 2026

I N F O R M A T I O N

Tel: Monday - Friday 09:00-14:00 **+30 2410685724**

e-mail: **msc.algology@uth.gr**

Program Website: **<https://www.med.uth.gr/msc.algology/>**



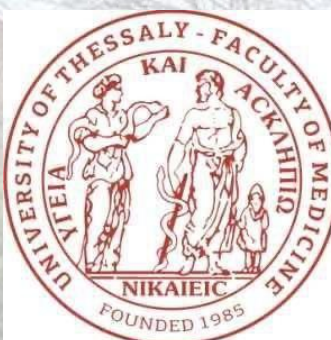
European Pain Federation

PHYSICAL AND REHABILITATION MEDICINE IN PAIN MANAGEMENT



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**



European Pain Federation

PHYSICAL AND REHABILITATION MEDICINE IN PAIN MANAGEMENT



**ΠΑΝΕΠΙΣΤΗΜΙΑΚΟ
ΓΕΝΙΚΟ
ΝΟΣΟΚΟΜΕΙΟ**



ΑΤΤΙΚΟΝ



Ιατρικός Σύλλογος Λάρισας

"Ο Ιπποκράτης"

Medical Association of Larissa



ΔΗΜΟΣ ΛΑΡΙΣΑΙΩΝ
MUNICIPALITY OF LARISSA



HELLENIC REPUBLIC
REGION OF THESSALY

Sponsors

We gratefully acknowledge the support of the following companies



Epi-Bion

OSTRACON



PARMEDI
PHARMACEUTICALS