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**UNIVERSITÀ
DI PARMA**



Ordine Provinciale dei Medici Chirurghi
e degli Odontoiatri di Piacenza



FONDAZIONE ERMETE
FONDAZIONE ERVILLI



4th EuroPain School



EUROPAIN
SCHOOL

Rehabilitation of pain and pain-related disability:
Integrated approach on Mixed pain

Piacenza, 20 - 24 Sep 2026

@Urban Seminar of Piacenza

School Director: Roberto Casale

Aim of the school

Mixed pain is defined as a clinical condition where nociceptive pain (tissue damage/inflammation) and neuropathic pain (nerve damage) coexist, often featuring nociplastic pain (altered pain processing). It involves overlapping, simultaneous mechanisms that create complex, heterogeneous symptoms, frequently seen in chronic disabling conditions. Mixed forms of pain, severely impacting the quality of life of those affected and society as a whole. Its epidemiological relevance is evident from its high prevalence and significant impact on public health. To effectively address mixed pain, it is essential to adopt a multidisciplinary approach that integrates different skills and therapeutic perspectives, taking into account the physical, psychological and social dimensions of the problem.

Rehabilitation and pain control are fundamental aspects in the management of the person with mixed forms of pain. Rehabilitation aims to restore functionality and improve quality of life through a program of targeted exercises, manual techniques and physical therapies. Pain control, on the other hand, focuses on reducing suffering and increasing pain tolerance, using a combination of pharmacological and non-pharmacological interventions.

There can be no one without the other.

The “Europain School” aims to address pain and pain related disability in a multidimensional, integrated and multidisciplinary way. For this reason, alongside electures on functional neuroanatomy, clinical pharmacology and functional rehabilitation, a series of workshops and hands on sessions on some non-invasive or minimally invasive treatments for pain control in a rehabilitation setting have been organised.

The School structure is of a residential school and will have front lessons, hands-on sessions and workshops.

Scientific Programme

SUNDAY, 20 SEPTEMBER /// Welcome Ceremony

- 18:00 **Presentation of the School's program**
Roberto Casale
- 18:10 **Opening Lecture**
No pain gain without rehabilitation
Sara Laxe
- 18:30 **Concert & Welcome Gathering**
The "pain & pleasure" Club. Music, chats, refreshments and a lot of new friends

MONDAY, 21 SEPTEMBER /// Morning session 8:00 to 13.00

- 08:00 Neural plasticity: gift or curse *Stefano Carda*
- 08:45 Physiopathology of pain. The transition from Acute to Chronic Pain *Frane Grubišić*
- 09:45 Nociceptive pain and its implication in rehabilitation *Eva Kosek*
- 10:45 *Coffee Break*
- 11:15 Mixed pain and its pivotal recognition *Roberto Casale*
- 12:00 Mixed pain in a rehabilitation daily life *Klemen Grabljevec*
- 13:00 *Lunch*

/// Afternoon session 14:00 to 18:30

- 14:00 **Part 1 – Pain questionnaires: are they useful in case of a mixed pain** *Vladimir Romanenko*
- 15:00 **Part 2 – Quality of life and other questionnaires on the activity of the day living. Why, when and how to use them** *Andrea Bernetti*
- 16:00 *Coffee Break*
- 16:30 **1st interactive session: Role playing & Question time**
The Interview in practice: a patient-doctor dictionary. This pivotal tutorial will examine how to open, conduct and close a consultation with a chronic pain patient in a rehabilitation context and how the interview will drive the clinical examination of the chronic pain patient.

Scientific Programme

TUESDAY, 22 SEPTEMBER /// Morning session 8:30 to 13:00

Mixed pains quite often need a poli-pharmacological approach. This morning session is entirely dedicated to the use of pain medications that are not "easily" prescribed due to a certain fear of side effects.

08:30	Optimising the use of opioids in pain related disability	<i>Daniele Battelli</i>
09:30	Antidepressants and the phenotyping of disabling chronic pain patients	<i>Riccardo Torta</i>
10:30	<i>Coffee Break</i>	
11:00	Cannabis & cannabinoids in a clinical paradigm of mixed nociplastic pain	<i>Piercarlo Sarzi Puttini</i>
12:00	Gabapentinoids and other calcium blockers for pain	<i>Vladimir Romanenko</i>
13:00	<i>Lunch</i>	

/// Afternoon session 14:00 to 18:30

14:00	Oxidative stress biomarkers in rehabilitation	<i>Kestutis Petrikonis</i>
15:00	Is ozone good for pain: when, how and which one?	<i>Roberto Casale</i>
16:00	<i>Coffee Break</i>	
16:30	2nd interactive session: Hands-on workshop <i>The clinical examination of the chronic pain patient in practice.</i> <i>Under the guidance of an expert clinician the participants will be guided through an outpatient consultation from the interview to the clinical examination of some of the most common pain syndromes including complicated low back pain.</i>	

WEDNESDAY, 23 SEPTEMBER /// Morning Session 8:30 to 13:00

08:30	Topical medications: which role in mixed pain	<i>Kestutis Petrikonis</i>
09:30	When mixed pain has a neuropathic entrapment component	<i>Marcin Piwnik</i>
10:30	<i>Coffee Break</i>	
11:00	Interventional pain control: Invasive or minimally invasive	<i>Daniele Battelli</i>
12:00	Physical therapies for pain control <i>Marco Di Carlo, Elisa Bettoni, Roberto Casale</i>	
13:00	<i>Lunch</i>	

Scientific Programme

/// Afternoon Session 14:00 to 18:30

Under the guidance of expert clinicians the participants will be guided from the interview and clinical examination to the most useful physical treatment. Attendants will be divided in groups to facilitate hands-on practice

14:00 **Non-invasive or minimally invasive physical treatments***

An overview on the neurophysiological background for the use of different physical stimulation modalities in practice

- Systemic ozone therapy in pain medicine *Roberto Casale*
- Entrapment painful neuropathy hydrodissection *Marcin Piwnik*
- Electrical and acupuncture-like Vagal nerve stimulation *Marco Di Carlo*
- PENS (per-cutaneous electrical stimulation) *Elisa Bettoni*

16:00 *Coffee Break*

16:30 **3rd practical session: Invasive or minimally-invasive physical treatments***

Systemic ozone therapy; Entrapment neuropathy hydrodissection; Electrical and acupuncture like Vagal nerve stimulation. PENS (percutaneous electrical stimulation).

**Specific treatments may vary accordingly with specialists' availability*

THURSDAY, 24 SEPTEMBER /// Morning session 8:30 to 13:00

08:30 AI and the integrated approach to chronic pain in rehabilitation: perspectives and risks *Mauro Zampolini*

09:30 AI at work on your proposal – A practical example on how to meaningfully use AI *Mauro Zampolini with Marco Calicchio (AI expert, certificate Google IT support)*

In this interactive session attendants may learn how to create a prompt (as to say a series of command to allow AI to generate an useful output) as an example to generate a clinical report . The product elaborated by the AI will be then discussed, amended and applied to a real clinical case. The results obtained by an expert clinician and by the AI will be critically discussed.

12:00 **Take home messages & Learning questionnaires**

UEMS credits for continuing medical education and a certificate of participation at the school are conditional on the actual completion of the learning questionnaires.

General Info

School Director

Roberto Casale

Honorary Board

Alessandro DeSire	SIMFER National Delegate
Francesca Gimigliano	SIMFER National Delegate
Klemen Grabljevec	ESPRM President
Sara Laxe	ESPRM incoming president
Aydan Oral	UEMS-PRM Board President
Piercarlo Sarzi Puttini	Found. "Ermete" President
Mauro Zampolini	UEMS-PRM Section President

Speakers

Daniele Battelli	Marco Di Carlo	Eva Kosek
Andrea Bernetti	Klemen Grabljevec	Vladymir Romanenko
Elisa Bettoni	Frane Grubišić	Piercarlo Sarzi-Puttini
Marco Calicchio	Sara Laxe	Riccardo Torta
Stefano Carda	Kestutis Petrikonis	Mauro Zampolini
Roberto Casale	Marcin Piwnik	

General information

The School is residential. English is the official language of the School. No translation will be provided.

An opening ceremony is planned on Sunday afternoon. Lessons start on Monday at 08:30 am and end on Thursday noon with front lessons, hands-on sessions and workshops. To dedicate more time to workshops and hand-on sessions, some general topics like anatomy and neurophysiology of the somatosensory system, but not only, will be accessible on web by the attendants before the school starts. A hybrid teaching system is also provided.

School venue

The School is located at "Urban Seminar of Piacenza", Address: Via Scalabrini n 67, Piacenza.

Accommodation

Participants will be accommodated in single rooms with private bathrooms. Other accommodation options are available on request.

Registration

Register online at www.defoe.it by 15th September 2026. The course is open to a maximum of 25 delegates.

Fees

School's fee is 1.450,00 €. It covers all the teaching materials – including pre-school and other recorded materials, accommodation (**IN September 20th - OUT September 24th**), Coffee Breaks and Lunch as indicated in the Scientific Programme.

Fees may be partially covered by grants offered by the Entities who endorse the school. The list of the Scientific Societies or Institutions supporting the School with grants will be published on the event webpage.

Travel expenses are not covered by fees.

If not supported by a grant, to secure your seat, you are required to pay a non-refundable deposit of €500. The balance must be paid by 15 September.

How to reach Piacenza

By plane: Milano Linate, Milano Malpensa and Orio al Serio are the nearest airports (Ryanair, EasyJet and other low-cost companies). The three airports are easily and frequently connected to Milano Centrale train station.

By train: Piacenza is on the Milano-Bologna train-line. There are trains from Milano Centrale every hour. Milano Centrale is easily connected with all three airports of the region: Milano Linate; Milano Malpensa and Orio al Serio. Connections (buses & trains) from the airports are frequent and all stop at Milano Centrale train station.

By car: Piacenza is extremely well connected as it is at a crossroad between the Milano-Bologna-Roma and the Torino-Piacenza-Venezia motorways.

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EUROPAIN
SCHOOL

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