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## 3rd EuroPain School

Rehabilitation of pain and  
pain-related disability:  
**focus on musculoskeletal pain**

**Piacenza, 28 Sep - 2 Oct 2025**  
@ La Bellotta

School Director: Dr Roberto Casale

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## SCIENTIFIC PROGRAMME

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## AIM OF THE SCHOOL

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*Musculoskeletal pain is one of the main causes of disability worldwide, 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 musculoskeletal 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 musculoskeletal 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 musculoskeletal disorders 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.**

**Front lessons will last 45 minutes with 15 minutes for questions & answers.**

**The School is prepared to host the attendants and to give them full board accommodation. Dining with the teachers is a distinguishing feature of the School.**

## SUNDAY // No Scientific Session

18:30-19:30 **Opening Ceremony at “Palazzo Farnese”**  
Presentation of the School’s program  
**Roberto Casale**  
**Klemen Grabljevec**  
**Per Hansson**  
**Aydan Oral**  
**Piercarlo Sarzi-Puttini**

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## SCIENTIFIC PROGRAMME

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### MONDAY /// Morning session 8:00 to 13.00

08:30-09:30 **A neuro-anatomy refresh (60’)**  
*Mariateresa Giglio*  
Musculoskeletal system: more than motor.  
The sensory innervation of intra and extrafusal muscle fibres and bones and their play in the generation and maintenance of deep somatic chronic pain

09:30-10:30 **Thoughts on IASP pain classes and chronic pain diagnosis in ICD 11. Special emphasis on "musculoskeletal" pain. (60’)**  
*Per Hansson*

10:30-11:00 **Coffee Break**

11:00-12:00 **Referred muscle pain.**  
*Maria Adele Giamberardino*  
Pain conditions in viscera or other deep somatic structures (another muscle or joint) are often referred to myotomes outside the lesion possibly leading to an incorrect diagnosis.

12:00-13:00 **Definition matters:**  
*Daniele Battelli*  
This lecture will address some neglected topics as the definition of some clinical picture and/or anatomical structure related to muscle pain like fascia, trigger points, tender points, muscle strain, DOMS and other commonly used terms.

13:00-14:30 **Lunch**

### ////////// Afternoon session

14:30-15:30 **1<sup>st</sup> interactive session – The clinical pain analysis**  
*Per Hansson*  
**The interview: How to collect a pain history in practice**  
What the patient tries to tell us about her/his pain. The bio-psycho-social model; Can we use pain questionnaires in m-s pain?  
**The clinical examination:** how to use the interview to address physical examination as well as to establish instrumental diagnostic procedures.  
**The treatment. Accordingly with the type/types of pain several treatments can be proposed.** In this context treatments may include not only drugs but also physical and rehabilitation approaches.

15:30-16:30 **Laboratory red flags: what we actually have** (blood samples for inflammatory markers, etc.)  
*Piercarlo Sarzi-Puttini*

16:30-17:00 **Coffee Break**



17:00-18:30

## 2<sup>nd</sup> Interactive Session

**Hands-on workshop on non-invasive or minimally invasive treatments.** Attendants will be divided in four groups and with rotating shifts, after an introductory notes on single treatment, they will be able to participate in every session.

- A- **Muscle Infiltrative treatments – including BTX**  
*Klemen Grabljevec*
- B- **PENS (Percutaneous Electrical Nerve Stimulation)**  
*Elisa Bettoni*



City of Piacenza /// Credits: [Luca Gionelli](#) - Opera propria

## TUESDAY /// Morning session 08:30 to 13:00

- 08:30-09:30      **Oxidative stress and chronic musculoskeletal pain: the antinociceptive role of Nrf2**  
*Kestutis Petrikonis*
- 09:30-10:30      **Predictive pain biomarkers for development of musculoskeletal pain**  
*Lars Arendt-Nielsen*
- 10:30-11:00      **Coffee Break**
- 11:00-12:00      **Clinical pharmacology of chronic pain**  
*Diego M. Fornasari*
- 12:00-13:00      **Biologic Therapy in Chronic Pain Management**  
*Piercarlo Sarzi-Puttini*
- 13:00-14:30      **Lunch**

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

- 14:30-16:30      3<sup>rd</sup> Interactive Session**  
**Nerve & MSK echography vs EMG : what you may expect and what you may not from them. When and why to ask for one or the others.**  
*Fabrizio Micheli, Nikolaos Barotsis & Roberto Casale*
- 16:30-17:00      Coffee break**
- 17:00-18:30      3<sup>rd</sup> Interactive Session -cont**  
**In this part two experts will guide attendants divided in four groups on MSK Echography (*Nikolaos Barotsis*) and on Nerve Echography (*Fabrizio Micheli*)**
- a)      Echo-nerve On volunteers.** In this part attendants under the guidance of an expert echographer will be able to perform echography on one of them in small groups
- b)      Echo-nerve On patient.** In this part attendants will assist an expert echographer examining different patients

## WEDNESDAY ///Morning session 08:30 to 13:00

08:30 – 09.30 **Bone and joint pain**  
*Antonella Salerno*

09.30-10.30 **Microbiota and bone health: the gut-bone axis**  
*Alessandro de Sire*

10:30-11:00 **Coffee Break**

11:00-12:00 **Pain immuno-modulation in patients with peripheral arthritis and spondyloarthritis**  
*Frane Grubišić*

12:00-13:00 **Infiltrative treatments for joints: When, why and with what**  
*Klemen Grabljevec*

13:00-14:30 **Lunch**

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

14:30-15:30 **Chronic pain: how to measure the unfathomable**  
*Marco Di Carlo*

15.30-18.30 **4th interactive session**

**Hands-on workshop on minimally invasive treatments.** After an introductory lecture on innovative treatments, attendees will be divided into four groups and with rotating shifts they will be able to participate in every session.

O2O3 systemic treatment

*Roberto Casale*

Intrarticular infiltration

*Klemen Grabljevec*

Transcutaneous Vagal Nerve Stimulation

*Marco Di Carlo*

## THURSDAY ///Morning session 08:30 to 13:00

08:30-09:30 **Physiopathology of fibromyalgia**

*Piercarlo Sarzi-Puttini*

09:30-10:30 **Psychological predictors of central sensitivity in fibromyalgia as a nociplastic paradigm.**

*Federica Galli*

10:30-11:00 **Pain management in fibromyalgia.**

*Teresa Paolucci*

11:00-11:30 **Coffee Break**

**11:30-13:00 5th interactive session**

**The clinical approach in a fibromyalgia**

11:30-13:00 **The clinical examination of the fibromyalgic patient in practice**

Under the guidance of an expert clinician, participants will have the opportunity to participate to an outpatient consultation of a fibromyalgic patient.

*Piercarlo Sarzi-Puttini*

**Learning questionnaires**

**Take home messages - End of the School**

In this setting, the clinical and diagnostic tools learned during the School will be discussed and compared, with teachers, in relation to real clinical cases.

## BOARD OF PRESIDENTS

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## BOARD OF DIRECTORS

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## SPEAKERS

Lars Arendt-Nielsen	Alessandro de Sire	Mariateresa Giglio	Aydan Oral
Nikolaos Barotsis	Marco Di Carlo	Klemen Grabljevec	Teresa Paolucci
Daniele Battelli	Diego Maria Fornasari	Frane Grubišić	Kestutis Petrikonis
Elisa Bettoni	Federica Galli	Per Hansson	Antonello Salerno
Roberto Casale	Maria Adele Giamberardino	Fabrizio Micheli	Piercarlo Sarzi Puttini

## GENERAL INFORMATION

### Structure of the School

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

*The 3rd EuroPain School on "Rehabilitation of pain and pain-related disability - Focus on Musculoskeletal pain", PIACENZA, Italy 29/09/2025 - 02/10/2025, has been accredited by the European Accreditation Council for Continuing Medical Education (EACCME®) with 26.5 European CME credits (ECMEC®s). Each medical specialist should claim only those hours of credit that he/she actually spent in the educational activity.*

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.

All front lessons will be recorded and available on the school podcast after the end of the school.

Dinners with the Faculty are a distinguish feature of the school.

### School venue

The School is located at "La Bellotta" an ancient college renovated in 2005.

Address: Strada Valconasso, 10, 29010 Valconasso - Pontenure (PC)

### Accommodation

"La Bellotta" is located few miles from Piacenza city center. Participants will be accommodated in single rooms with private bathroom. Meals will be prepared and served inside the structure. A cafeteria is also present.

Other accommodation options are available on request.

### Registration

Register online at [www.defoe.it](http://www.defoe.it) by 15<sup>th</sup> September 2025. The course is open to a maximum of 30 delegates.

### Fees

School's fee is 1.450,00 €. It covers all the teaching materials – including pre-school and other recorded materials - and a **full board accommodation** for all the length of the school (**IN September 28<sup>th</sup> - OUT October 2<sup>nd</sup>**).

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 the three airports of the region: Milano Linate; Milano Malpensa and Orio al Serio. Connections (busses & 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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