

ENDORSED BY



EUROPAIN SCHOOL



UNIVERSITÀ
DI PARMA



PIACENZA - ITALY

20-25 SEPTEMBER 2026

PALAZZO FARNESE
URBAN SEMINAR
INACQUA MEDICAL CENTER

4TH "EUROPAIN SCHOOL" ON PAIN RELATED DISABILITY:

INTEGRATED APPROACH ON MIXED PAIN

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SCHOOL'S DIRECTOR: DR. ROBERTO CASALE

Under the Patronage of:



ESPRM
European Society of
Physical & Rehabilitation Medicine



EUROPAIN
SCHOOL

4th EUROPAIN SCHOOL 2026 on pain-related disability. Integrated approach on Mixed pain Piacenza, 20-24 September 2026 School Director: Dr Roberto Casale

Aim

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 lectures 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 also be recorded and available on the school website.

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

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Welcome Ceremony. SUNDAY, 20th September

- 18:00-18:10 Presentation of the School's program
Roberto Casale
- 18.10-18.30 Opening Lecture
No pain gain without rehabilitation
Sara Laxe

SCIENTIFIC PROGRAMME

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

- 08:00 - 08:45 Neural plasticity: gift or course Stefano Carda
- 08:45 - 09:45 Physiopathology of pain. The transition from Acute to Chronic Pain Frane Grubišić
- 09:45 – 10:45 Nociplastic pain and its implication in rehabilitation Eva Kosek
- 10.45 - 11:15 Coffee Break
- 11:15 - 12:00 Mixed pain and its pivotal Roberto Casale
recognition 12:00 - 13:00 Mixed pain in a Klemen Grabljevec
13:00-14:00 daily life

////////// 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 Andrea Bernetti
15:00- living. Why, when and how to use them
- 16:00
16:00-16:30 Coffee Break
- 16:30-18:30 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 the interview will drive the clinical examination of the chronic pain patient.

TUESDAY, 22 SEPTEMBER /// Morning session 8:30 to 13.00

Mixed pains quite often need a poly-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 - 09:30	Optimising the use of opioids in pain related disability	Daniele
09:30 - 10:30	Antidepressants and the phenotyping of disabling chronic pain patients	Battelli
10:30 - 11:00	Coffee Break	Riccardo
11:00 - 12:00	Cannabis & cannabinoids in a clinical paradigm of mixed nociceptive pain	Marco Sarzi Puttini
12:00 - 13:00	Gabapentinoids and other calcium blockers for pain	Vladimir Romanenko
13:00 - 14:00	Lunch	

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

14:00-	Oxidative stress biomarkers in rehabilitation	Kestutis Petrikonis
15:00	Is ozone good for pain: when, how and which one?	Roberto Casale
15:00-	Coffee Break	
16:00	2nd interactive session: Hands-on workshop	
16:00-	The clinical examination of the chronic pain patient in practice. 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.	
16:30		
16:30-		

18:30

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

08:30 - 09:30	Topical medications: which role in mixed pain	Kestutis Petrikonis
09:30 - 10:30	When mixed pain has a neuropathic entrapment component	Marcin Piwnik
10:30 - 11:00	Coffee Break	
11:00 - 12:00	Interventional pain control: Invasive or minimally invasive	Daniele Battelli
12:00 - 13:00	Physical therapies for pain control Marco Dicarlo, Elisa Bettoni, Roberto Casale	
13:00 - 14:00	Lunch	

////////// 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

14:00-16:00 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
- Entrapment painful neuropathy hydrodissection Casale Marcin
- Electrical and acupuncture-like Vagal nerve stimulation Piwnik Marco
- PENS (per-cutaneous electrical stimulation) Dicarlo Elisa
Bettoni

16:00- Coffee Break

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

16:30- Systemic ozone therapy; Entrapment neuropathy hydrodissection; Electrical and acupuncture like Vagal nerve stimulation. PENS (percutaneous electrical stimulation).

*18:30 Specific treatments may vary accordingly with specialists' availability

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

08:30-09:30 AI and the integrated approach to chronic pain in rehabilitation: Mauro Zampolini
perspectives and risks

09:30-12:00 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 a 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 - 13:00 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.

School Director

Roberto Casale

Board of Presidents

Piercarlo Sarzi	Found. "Ermete" President
Klemen Grabljevec	ESPRM President
Sara Laxe	ESPRM incoming president
Aydan Oral	UEMS-PRM Board President
Mauro Zampolini	UEMS-PRM Section President

SPEAKERS

Daniele Battelli	Marco Dicarlo	Eva Kosek
Andrea Bernetti	Klemen Grabljevec	Vladimir 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

Structure of the School

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.

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 "Seminario Vescovile di 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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Organizing Secretariat

defoe

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