

Evidence-Based Management of Acute and Chronic Pain



ΕΛΛΗΝΙΚΗ
ΦΥΣΙΟΘΕΡΑΠΕΥΤΙΚΗ
ΕΤΑΙΡΕΙΑ ΑΛΓΟΛΟΓΙΑΣ

EDPP Preparation Course for Physiotherapists

A unique opportunity to be guided by a leading expert in the field of **Pain Science** and **Management**.

Join fellow physiotherapists from across Europe for a unique, three-part course on evidence-based pain management. You'll sharpen your clinical reasoning, improve your communication with people in pain, and deepen your understanding of pain management and people who suffer from pain.

Led by **Dr Morten Hoegh**: a leading expert in the field, this course offers more than knowledge – it's a chance to reflect, grow personally, and build lasting professional connections in a warm, collaborative atmosphere.

The course follows the syllabus of the annual EDPP exams of EFIC, and will provide support for those who are interested in passing the examination processes. Discover, connect, and grow **in Athens**.

Course consists of 3 independent Parts

Part 1: 23 - 24 - 25 January 2026

Part 2: 21 - 22 March 2026

Part 3: 23 - 24 May 2026

Venue:

"Πολυχώρος" (Multi-Purpose Hall)

University of West Attica,

3 Eleftheriou Venizelou Street, Agia Varvara.

Registration fee:

Part 1: **450 €**

Part 2: **350 €**

Part 3: **350 €**

Full attendance: 950 €

Organised by:

Hellenic Physiotherapy Society of Algology

LIMITED SEATS - BOOK YOUR SEAT NOW, secretary@efea.gr, www.efea.gr

Easy access to Athens - Airport to venue by the Athens Metro, Blue Line 3, Agia Marina Station.



Morten Hoegh, MSc, PhD, is Associate Professor in Musculoskeletal Pain at Aalborg University, Denmark. With nearly three decades of clinical experience and over twenty years of teaching, he has taught across universities, professional courses, patient organisations, and mass media. He has contributed to the development of several pain science curricula (physio, psychology and nursing) for European Pain Federation (EFIC) and led the EFIC Academy, the largest online platform for evidence-based, interdisciplinary pain management and research. His work bridges clinical practice and academia, focusing on making neuroscience relevant and useful in real-world care. He actively contributes to clinical and implementation sciences within the pain field, serves on editorial boards, and lectures internationally on pain science and management. In 2023, he received the EFIC Pain Champion Award for his outstanding contributions to pain education.

Weekend I:

Friday–Sunday, January 23–25, 2026

Theme: Low Back Pain – Clinical Reasoning, Evidence and Complexity

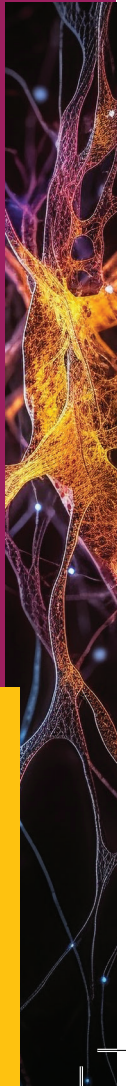
Updated Programme

Friday, January 23

Time	Session
14:00 – 14:30	Welcome and introduction to the course series and the EDPP exam
14:30 – 15:45	Acute low back pain: Specific and non-specific causes, and triage principles
15:45 – 16:00	Coffee break
16:00 – 18:00	Case-based workshop: Neurological examination (radiculopathy, polyneuropathy, multiple sclerosis)

Saturday, January 24

Time	Session
09:00 – 10:00	The nociceptive system, sensitisation, and inflammation
10:00 – 10:45	Red flags and serious pathology in low back pain (lecture and clinical cases)
10:45 – 11:00	Coffee break
11:00 – 13:00	Clinical reasoning: Linear vs. complex models of pain, embracing uncertainty, and evidence-based practice
13:00 – 14:00	Lunch break
14:00 – 15:00	Case work: Applying theories and planning treatment
15:00 – 16:00	Evaluating treatment (pharmacological, non-pharmacological, surgical): Evidence of benefit, harm, side effects, and contextual effects
16:15 – 16:30	Coffee break
16:30 – 18:00	Pain trajectories, chronicity, and the lived experience of pain



Sunday, January 25

Time	Session
09:00 – 10:45	Self-management strategies: Exercise and beyond
10:45 – 11:00	Coffee break
11:00 – 13:00	Outcome measures and screening tools for low back pain
13:00 – 14:00	Lunch break
14:00 – 15:00	Case work: Selecting and using outcome measures
15:00 – 15:15	Coffee break
15:15 – 16:00	High vs. low value care: Clinical guideline recommendations for managing (non-specific) acute and chronic low back pain
16:30 – 17:00	Overview of assignments and preview of Part II

Assignment

Before the next course weekend, each participant should prepare the following:

a) Two patient cases

Choose two patients you have seen in your clinic. For each case, be ready to explain:

- How you ruled out serious disease and how you talked to your patient about it.
- What you found in the neurological exam and how you interpreted it.
- How you handled the situation — for example, if you worked with other healthcare professionals.

b) Your approach to pain education

- Prepare a short explanation of how you usually talk to patients about pain.
- Bring an example of a patient where your explanation worked well — or where it was difficult to help the patient make sense of their pain.

You will present your cases and reflections in small groups during Weekend II.

Learning Objectives

By the end of Weekend I, participants will be able to:

1. Identify and differentiate specific and non-specific causes of low back pain using clinical reasoning and triage principles.
2. Understand the biological mechanisms of pain including nociception, sensitisation, and inflammation.
3. Apply evidence-based frameworks to assess and manage low back pain, including outcome measures and guideline recommendations.
4. Recognise the psychosocial and lived experiences of people with chronic low back pain and integrate this into care planning.
5. Collaborate with patients in promoting self-management and evaluate the benefits and risks of treatment options across disciplines.

Weekend II:

Saturday–Sunday, March 21–22, 2026

Theme: Patient Education and Communication in Pain Care

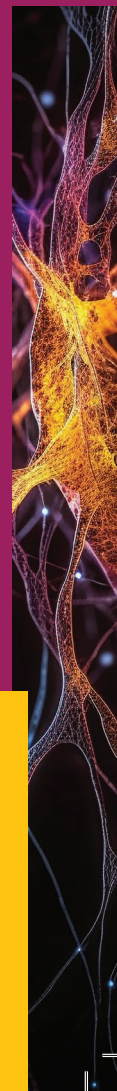
Updated Programme

Saturday, March 21

Time	Session
09:00 – 10:30	Pain mechanisms: Mechanistic pain descriptors and principles of pain-related neuroscience (sensitisation and descending modulation)
10:30 – 10:45	Quiz-time (“MCQ Mock exam”)
10:45 – 11:00	Coffee break
11:00 – 12:00	The therapeutic alliance and 'painting a portrait' of a patient
12:00 – 13:00	Communication strategies
13:00 – 14:00	Lunch break
14:00 – 16:00	Patient education (practice and lectures)
16:00 – 16:15	Coffee break
16:15 – 17:30	Group presentations (assignment I, part a)
17:30 – 18:00	Mock exams (practical testing)

Sunday, March 22

Time	Session
09:00 – 10:45	Fibromyalgia
10:45 – 11:00	Coffee break
11:00 – 12:00	Sports-related pain: shoulder, knee, groin
12:00 – 13:00	Case/workshop (testing and planning treatment)
13:00 – 14:00	Lunch break
14:00 – 15:00	Joint pain (osteoarthritis) and persistent post-surgical pain
15:00 – 15:15	Coffee break
15:15 – 16:00	Neuropathic pain and cancer pain
16:30 – 17:00	Introduction to assignment and plan for Part III



Assignment

Before the final course weekend, each participant should:

a) Complete the online course [Digi4MSK].

This short course gives you up-to-date knowledge about musculoskeletal pain and management.

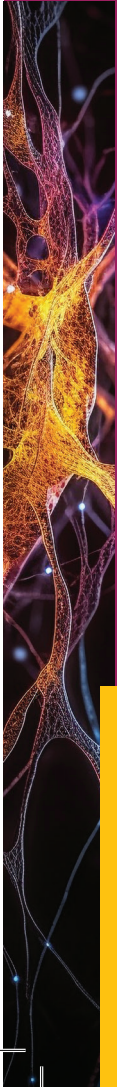
b) Prepare one patient case

- Choose one patient from your clinical work where you would like input from others.
- Be ready to describe the patient, your clinical reasoning, and your current plan.
- Think about what kind of help or feedback you would like from the group.

Learning Objectives

By the end of Weekend II, participants will be able to:

- 1.** Explain the neurophysiological mechanisms related to mechanistic pain descriptors and the descending pain modulatory system.
- 2.** Increase awareness and use of effective communication strategies to build therapeutic alliance and tailor education to individual patients.
- 3.** Critically reflect on and improve practice through peer feedback.



Weekend III:

Saturday–Sunday, May 23–24, 2026

Theme: Pain Across the Lifespan, Evidence Appraisal and Integration

Updated Programme

Saturday, May 23

Time	Session
09:00 – 10:45	Pain in a lifespan perspective (babies, children, adolescents and older adults)
10:45 – 11:00	Coffee break
11:00 – 11:45	Quantitative Sensory Testing
11:45 – 13:00	Questionnaires, risk factors, co-morbidity
13:00 – 14:00	Lunch break
14:00 – 16:00	Case-based practice: Adapting clinical examinations, outcomes and management to different age groups
16:00 – 16:15	Coffee break
16:15 – 18:00	Work – therapy or outcome?

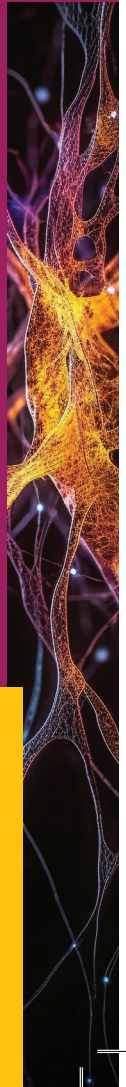
Sunday, May 24

	Session
09:00 – 10:45	Crash-course in literature reading and critical evaluation of research methods
10:45 – 11:00	Coffee break
11:00 – 13:00	Group work; teaming up to solve your own personal cases
13:00 – 14:00	Lunch break
14:00 – 15:00	Lessons learnt from group work
15:00 – 15:15	Coffee break
15:15 – 16:00	Dealing with 'difficult patients' and collaborating with other professionals
16:30 – 17:00	Final thoughts, supervision and study groups

Learning Objectives

By the end of Weekend III, participants will be able to:

1. Describe how pain manifests and is managed differently across the lifespan.
2. Conduct clinical reasoning and treatment planning for diverse populations and complex cases.
3. Critically appraise scientific literature and apply it to clinical practice.
4. Work collaboratively in clinical teams and peer groups to solve real-world pain management challenges.
5. Reflect on professional identity and future learning needs in complex care scenarios.



COURSE INFORMATION

Participants may register either by paying the full fee or by placing an advance deposit. For attendance of a single seminar, the required deposit is 150€ and should be accompanied by the note "FULL NAME - Special subscription for Chronic Pain Seminar 1 (or 2 or 3)" in the transaction comments. For participation in the full seminar program, the deposit is 300€ and should be accompanied by the note "FULL NAME - Special subscription for the full Pain Seminar." After completing the transfer, participants should email the payment receipt and their full name to secretary@efea.gr, upon which a confirmation email will be issued.

For those registering with a deposit, the remaining balance must be paid no later than 10 days prior to the seminar date. Deposits are non-refundable in cases of non-attendance.

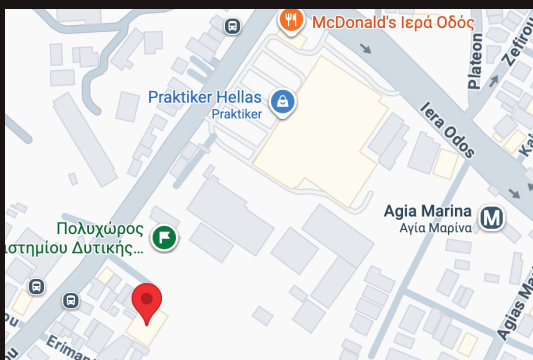
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CONTACT INFO



Venue: "ΠΟΛΥΧΩΡΟΣ" - Multi-purpose Hall, University of West Attica

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