

THE 25TH EUROPEAN CONGRESS OF PHYSICAL AND REHABILITATION MEDICINE

The Next Generation: Collaborate. Inspire. Innovate

23 - 26 MARCH 2026 | KRAKÓW, POLAND

ESPRM
European Society of Physical & Rehabilitation Medicine

https://esprm2026.com/

Monday, 23 March 2026

07:30-16:00	Workshop Registration (Entrance 3)					
17:00-20:00	Congress Registration (Entrance 1)					
09:00-18:00	WORKSHOPS					
09:00		HALL B 09:00-11:30 <u>(WK4) Stroke Rehabilitation: Current Evidence, Clinical Translation, and Future Directions - ESPRM stroke rehabilitation working group</u>		HALL E 09:00-14:00 <u>(WK2) SCI-group & ISCoS-ESPRM MoU Workshop: Alpha & Omega of Neurogenic Lower Urinary Tract Dysfunction following Spinal Cord Injury</u>	HALL F 09:00-10:30 <u>(WK1) Ultrasound-Guided Hydro dissection – Hands-On Workshop</u>	
09:30						
10:00	HALL A 10:00-11:30 <u>(WK3) Telerehabilitation in the Continuum of Care: Where Do We Stand?</u>	Background of stroke rehabilitation & Introduction of the workshop - Xiaolei Hu, Sweden	HALL C 10:00-11:30 <u>(WK5) Selective Application of Cryoneurolysis to Intramuscular Motor Branches for the Treatment of Spasticity</u>	<i>Co-Chairs: Brigitte Perrouin-Verbe, France Andrei Krassioukov, Canada Christina-Anastasia Rapti, Greece</i>	Hydrodissection in the Treatment of Peripheral Neuropathies – Marcin Piwnik, Poland	HALL D 10:00-13:00 <u>(WK17) Medical Management of Mechanical devices in Respiratory Rehabilitation</u>
	Introduction & Workshop Overview – Mauro Zampolini, Italy	Post-stroke rehabilitation: When, how long, how much? - Ayşe Küçükdeveci, Turkey	Fundamentals of Cryoneurolysis and Its Application in Spasticity: Motor Patterns – Moderator: Alfredo Rodríguez Pérez, Spain	Introduction – Christina Anastasia Rapti, Greece	Hands-On Session: Ultrasound-Guided Hydro dissection – Practical Training on Models – Marcin Piwnik, Poland, Stefanos Bourlios, Greece, Karol Szapel, Poland, Mateusz Kulig, Poland	Moderator: Sara Laxe, Spain
10:30	When Cure Becomes Care: The Promise of Telerehabilitation in Severe Acquired Brain Injury - Rocco Salvatore Calabro, Italy	<i>Evidence-based rehabilitation</i> Task-specific training and repetitive practice -Constraint-Induced Movement Therapy (CIMT) - Yvona Angerová, Czech Republic	Nerve Blocks for the Treatment of Spasticity in the Proximal Upper Limb – Ana Melendez Laborda, Spain	<i>Part 1 - High significance clinical background</i> <i>Pathophysiological background in acute and chronic phase – Charles Jousain, France</i>		Exploration of devices, their specific indications, and how to adapt and prescribe them for individual patients, depending on their condition, goals, and diagnosis
11:00	Telerehabilitation for Neurodegenerative Disorders: A Focus on Parkinson's Disease – Sanaz Purnajaf, Italy	Technology-assisted rehabilitation – Daiana Popa, Romania	Nerve Blocks for the Treatment of Spasticity in the Anterior Lower Limb - Diego Hermoso de Mendoza Pi, Spain	Clinical assessment - Christina-Anastasia Rapti, Greece	HALL F 11:00-12:30 <u>(WK6) Ultrasound Identification of Neck Muscles for Dystonia/Injections!</u>	Hands-on practice focused on titration and adaptation of each device.
	Balancing Benefits and Limitations: Telerehabilitation in Orthopedics – Giada Lullini, Italy	Effort / Exercise Reconditioning in Stroke – Catarina Aguiar Branco, Portugal	Nerve Blocks for the Treatment of Spasticity in the Posterior Lower Limb – Ivan Gil de Sousa Duarte, Spain	Urodynamics – Metka Moharić, Slovenia	Introduction – Fahim Anwar, UK	Presenters: Maria Rosaria Urbez Mir, Spain Daniela Alexandres Rios de los Rios, Spain (TBC) Paul Matthew Burnham, Spain (TBC)
	Open Discussion	Cognitive rehabilitation - Katharina Stibrant Sunnerhagen, Sweden	Nerve Blocks for the Treatment of Spasticity in the Posterior Lower Limb – Ivan Gil de Sousa Duarte, Spain	<i>Part 2 – Updated therapeutic management</i> The optimal bladder management	Session 1 Review of neck muscle anatomy with a focus on dystonia-related muscles. Importance of accurate muscle identification in treatment outcomes – Ece Yilmaz-Kara, UK	
					Session 2	

		<p><i>Implementation of evidence-based rehabilitation</i></p> <p>Developing stroke rehabilitation services in the war context in Ukraine - Volodymyr Golyk, Ukraine Andrii Sklipalskyi, Ukraine (TBC)</p> <p>Questions, interactive discussion & take-home messages</p>	Q&A	<p>keeping safe the upper urinary tract in acute and chronic phase - Aleksandra Jakulic, Serbia</p> <p>Methods of bladder emptying in cases with upper limbs impairment - Prokopios Manthos, Greece</p> <p><i>Friendly chat:</i> single use versus multiple use of intermitted catheterizations - Brigitte Perrouin-Verbe, France & Andrei Krassioukov, Canada</p>	<p>Live demonstration of ultrasound scanning on key neck muscles. Identifying normal anatomy and common variants – Fahim Anwar, UK and Ece Yilmaz-Kara, UK</p> <p>Hands-On-Practical</p>
11:30					
12:00					
12:30		<p>HALL B 12:00-13:30 <u>(WK8) Heads up on concussion! Mechanisms, assessments, treatments and person-centered rehabilitation of persisting symptoms</u></p> <p>Welcome and Introduction - Moderator: Jan Lexell, Sweden</p> <p>The concussed brain – Understanding the mechanisms and improving treatment of persisting symptoms - Hana Malá Rytter, Denmark</p> <p>The concussed brain – A modern approach to treatment and rehabilitation of persisting symptoms – Jan Lexell, Sweden</p> <p>Questions and discussions - Hana Malá Rytter, Denmark & Jan Lexell, Sweden</p>	<p>HALL C 12:00-15:00 <u>(WK9) Functional Neurological Disorder (FND) Rehabilitation and the Role of the PRM Physician</u></p> <p>Introduction – Moderator: Javvad Haider, UK</p> <p>FND: The role of the PRM Physician – Manoj Sivan, UK</p> <p>FND: The Europea Perspective – Mauro Zampolini, Italy</p> <p>Outcomes from specialist inpatient FND rehab at the National Rehabilitation Centre, UK – Javvad Haider, UK</p> <p><i>(Pre-Recorded)</i> FND: The role of the neurophysiotherapist – Volker Teweleit, UK</p> <p><i>(Pre-Recorded)</i> FND: The role of the neuropsychologist – Robert Stephens, UK</p>	<p>Significance of long-term follow-up - Brigitte Perrouin-Verbe, France</p> <p>Is Neuromodulation a new therapeutical approach for SLUTD following SCI? - Andrei Krassioukov, Canada</p> <p><i>Part 3 - Presentation and discussion of interesting cases with NLUTD</i> Metka Moharić, Slovenia Antonios Kontaxakis, Greece Inmaculada Díaz-Cano Carmona, Spain</p>	
13:00					
13:30					
14:00	<p>HALL A 14:00-18:00 <u>(WK12) Rehabilitation of Children with Back Disorders: Scoliosis and Chronic Back Pain</u></p> <p>Scoliosis (diagnostics, treatment and rehabilitation) – Stefano Negrini, Italy</p> <p>Chronic back pain (diagnostics, pharmacological and non-pharmacological management</p>		<p>Case Demonstrations – Panel</p> <p>Panel Discussion & Q&A</p>	<p>HALL E 14:30-16:00 <u>(WK10) Sci-group & ISCoS-ESPRM MoU Workshop: Innovations in Pain and Spasticity Management After Spinal Cord Injury</u></p> <p>Co-Chairs: Belgin Erhan, Turkey & Klemen Grabljevec, Slovenia</p>	<p>HALL F 14:00-18:00 <u>(WK13) AI-Powered PMR: Enhance Your Practice</u></p> <p>Introduction: Overview of LLMs, Gemini, and their potential in PMR – Adam Zalewski, Poland</p> <p>Session 1: Prompt Engineering – Tijana Spasojevic, Serbia</p>
14:30					
15:00					
15:30					

	and rehabilitation) - Minna Ståhl, Finland			<p>Introduction - Welcome and overview of the workshop objectives and structure Belgin Erhan, Turkey & Klemen Grabljevec, Slovenia</p> <p>Part 1: Recent Advances in Understanding Pain and Spasticity After SCI Discussion of the latest research findings on pain mechanism - Roberto Casale, Italy</p> <p>Overview of spasticity pathophysiology and its implications for rehabilitation - Yannis Dionyssiotis, Greece</p> <p>Part 2: Current Management Strategies Management updates for Pain. Review of emerging therapies - Roberto Casale, Italy</p> <p>Pharmacological updates for Spasticity: Review of local interventions (botulinum toxin injections) and new medications - Belgin Erhan, Turkey</p> <p>Innovations and Future Directions for Spasticity: Treatment of spasticity with ITB pump - Klemen Grabljevec, Slovenia</p> <p>Part 3: Case Studies with all speakers Presentation of 2-3 Case studies - Group discussion - Belgin Erhan, Turkey & Klemen Grabljevec, Slovenia, Roberto Casale, Italy, Yannis Dionyssiotis, Greece - Interactive Q&A session – Belgin Erhan, Turkey, Klemen Grabljevec, Slovenia</p>	<p>Session 2: Gem Building – Adam Zalewski, Poland</p> <p>Session 3: Notebook LM – Tijana Spasojevic, Serbia</p> <p>Session 4: Advanced Prompting and Integration – Adam Zalewski, Poland</p> <p>Q&A and Wrap up – Tijana Spasojevic, Serbia</p>
16:00			HALL C 16:00-17:30		
16:30			(WK16) Degenerative meniscus rehabilitation	HALL E 16:30-18:00	
17:00			Chair: Joao Pinheiro, Portugal	(WK14) Heterotopic Ossification and	

(Congress Registration Desk Open)			<p>Understanding Degenerative Meniscus - Pedro Emanuel Figueiredo, Portugal (TBC)</p> <p>Optimizing Outcomes through muscle strength, motor control and exercise - João Paulo Branco, Portugal</p> <p>Pharmacological and Emerging Therapeutics in Degenerative Meniscus – Jorge Lains, Portugal</p> <p>Rehabilitation program. A comprehensive and systematic approach – Joao Pinheiro, Portugal</p> <p>Discussion</p>	<p><u>Spinal Cord Injury, on behalf of SCI group & ISCoS-ESPRM MoU</u></p> <p>The nature of heterotopic ossification following spinal cord injury – Marek Krasuski, Poland</p> <p>Diagnosis, prevention, and early management of heterotopic ossification in spinal cord injury – Anda Nulle, Latvia</p> <p>Surgical treatment of heterotopic ossification after spinal cord injury and its outcomes – Piotr Tederko, Poland</p> <p>The role of Physical and Rehabilitation Medicine in managing patients with heterotopic ossification after spinal cord injury – Angeliki Galata, Greece</p>	
17:30					
18:00	(17:00-20:00 Congress Registration)				
18:30-20:00	<p style="text-align: center;">HALL S2</p> <p style="text-align: center;">Congress Opening Ceremony</p> <p style="text-align: center;">Welcome Remarks:</p> <p style="text-align: center;">(Virtua) Iuly Treger, Israel – Congress President Representative from Polish Government (TBC) Xiaolei Hu, Sweden - Co-Chair, Congress Scientific Committee Elzbieta Miller, Poland - Polish Rehabilitation Society President Gerard Francisco, USA – ISPRM President Klemen Grabljevec, Slovenia - ESPRM President & Congress Organizing Committee President</p> <p style="text-align: center;">19:15-20:00 Plenary Lecture 1: The history and future of rehabilitation). Katharina Stibrant Sunnerhagen, Sweden</p>				
20:00-21:00	Welcome Reception (Exhibition Area)				