

WORKSHOPS

23 March 2026

WK1 – 09:00-10:30

Workshop Title: **Ultrasound-Guided Hydrodissection – Practical Training on Models- Hands-On workshop**

This workshop focuses on the practical training of ultrasound-guided hydrodissection techniques used in the management of peripheral nerve entrapments and musculoskeletal soft tissue disorders. The primary goal is not only to present theoretical foundations but also to provide participants with hands-on experience to perform these procedures safely and effectively.

Ultrasound-guided hydrodissection is a minimally invasive technique involving the precise separation of anatomical structures using fluid injection under real-time imaging. This method can uplift the treatment of compressive neuropathies and chronic musculoskeletal pain conditions in outpatient care.

The workshop will include a brief theoretical introduction, including indications, contradictions, types of solutions used in hydrodissections, techniques, equipment needed, followed by extensive hands-on practice using anatomical models, under the supervision of experienced instructors.

Agenda

Hydrodissection in the Treatment of Peripheral Neuropathies – ***Marcin Piwnik, Poland***

Hands-On Session: Ultrasound-Guided Hydro dissection – Practical Training on Models – ***Marcin Piwnik, Poland***

Stefanos Bourlios, Greece

Karol Szapel, Poland

Mateusz Kulig, Poland

WK2 -09:00-14:00

Workshop Title: Alpha & Omega of Neurogenic Lower Urinary Tract Dysfunction following Spinal Cord Injury (on behalf of SCI WG of ESPRM & ISCoS-ESPRM MoU)

Why attend this workshop?

Spinal cord injury (SCI) following traumatic and non-traumatic causes affects somatic and autonomic nervous system function causing among others neurogenic lower urinary tract dysfunction (NLUTD). This workshop is suitable for experienced and less experienced audience on NLUTD targeting at the dissemination of international guidelines and terminology, as well as the communication and exchange of clinical experience among specialized physicians.

The contribution of the PRM physician and all members of the rehabilitation team in the management of NLUTD is very important for completing a successful rehabilitation program in both the acute and chronic phases and maintaining a high quality of life for people with SCI.

The need for continuing medical education in this field and the dissemination of evidence based therapeutic approaches is paramount for PRM physicians. Specialized and distinguished lecturers on the topic share with us their experience and valuable clinical "secrets". With your active contribution the above goals of the workshop will be succeed.

Key learning points

- The significance of specialized assessment and intervention for NLUTD from acute to chronic phase and life-long in persons with SCI.
- Why and when urodynamics are needed.
- Evidence based therapeutic approach for NLUTD

Part 1: High significance clinical background

Introduction – Co-Chairs: **Brigitte Perrouin-Verbe, France, Andrei Krassioukov, Canada, Christina-Anastasia Rapti, Greece**

- Pre-workshop anonymous questionnaire of relevant knowledge
- Pathophysiological background in acute and chronic phase - **Charles Jousen, France**
- Clinical Assessment - **Christina-Anastasia Rapti, Greece**
- Urodynamics- **Bosco Méndez Ferrer, Spain**
- Discussion

Part 2: Updated therapeutic management

- The optimal bladder management keeping safe the upper urinary tract in acute and chronic phase - **Aleksandra Jakulic, Serbia**
- Methods of bladder emptying in cases with upper limbs impairment - Prokopios Manthos, Greece
- Friendly chat: single use versus multiple use of IC - **Brigitte Perrouin-Verbe, France & Andrei Krassioukov, Canada**

- Significance of long-term follow-up - **Brigitte Perrouin-Verbe, France**

- Is Neuromodulation a new therapeutical approach for NLUTD following SCI? - **Andrei Krassioukov, Canada**

- Discussion

Post-workshop anonymous questionnaire of relevant knowledge

Part 3: Discussion of interesting Cases

Presentation and interactive discussion of interesting cases with NLUTD

Chairs: Metka Moharić, Slovenia, Inmaculada Díaz-Cano Carmona, Spain, Antonios Kontaxakis, Greece

WK3 – 10:00-11:30

Workshop Title: Telerehabilitation in the Continuum of Care: Where Do We Stand?

This workshop explores the current role, opportunities, and challenges of telerehabilitation across neurological and orthopedic populations, providing participants with a comprehensive understanding of how remote rehabilitation can support continuity of care, optimize functional recovery, and enhance patient engagement.

The session begins by addressing telerehabilitation in severe acquired brain injury, highlighting strategies to bridge the transition from hospital to home and to support both patients and caregivers. It then focuses on neurodegenerative disorders, emphasizing personalized, feedback-based interventions that enhance motor performance, adherence, and social participation.

Telerehabilitation in musculoskeletal and orthopedic conditions will be addressed next, highlighting benefits, limitations, patient selection, safety, and feasibility considerations, and helping participants balance clinical effectiveness with practical constraints and technological challenges.

The workshop concludes with a hands-on session providing practical experience with remote rehabilitation tools, including real-time monitoring, virtual training, and interactive feedback systems. Participants will visualize the implementation of telerehabilitation in clinical practice and explore strategies to integrate digital solutions into everyday care.

By combining evidence-based insights, clinical application, and practical demonstration, the workshop equips participants with the knowledge and tools needed to implement telerehabilitation effectively across different patient populations, while appreciating its clinical impact, practical challenges, and future directions

Agenda

Introduction & Workshop Overview – **Mauro Zampolini, Italy**

When Cure Becomes Care: The Promise of Telerehabilitation in Severe Acquired Brain Injury - **Rocco Salvatore Calabro, Italy**

Telerehabilitation for Neurodegenerative Disorders: A Focus on Parkinson's Disease – **Sanaz Purnajaf, Italy**

Balancing Benefits and Limitations: Telerehabilitation in Orthopedics – **Giada Lullini, Italy**

Open Discussion

WK4 - 09:00-11:30

Workshop Title: **Stroke Rehabilitation: Current Evidence, Clinical Translation, and Future Directions - ESPRM stroke rehabilitation working group**

Target audience:

- Rehabilitation professionals consisting of PRM physicians and multidisciplinary team and researchers
- Non-Rehabilitation professionals
- Patients and families of people after stroke
- Leaders and organisers of rehabilitation services
- Policy makers and funding providers

Learning objectives

By the end of the workshop, participants should be able to:

1. Understand current evidence-based principles of stroke rehabilitation
2. Apply evidence to motor, cognitive, and participation-focused interventions
3. Implement the evidence evidence-based stroke rehabilitation~4. Identify gaps and future directions in stroke rehabilitation research and practice

Agenda

Background of stroke rehabilitation & Introduction of the workshop – **Xiaolei Hu, Sweden**

Post-stroke rehabilitation: When, how long, how much? - **Ayşe Küçükdeveci, Turkey**

Evidence-based rehabilitation

- Task-specific training and repetitive practice -Constraint-Induced Movement Therapy (CIMT) - **Yvona Angerová, Czech Republic**
- Technology-assisted rehabilitation - **Daiana Popa, Romania**
- Effort / Exercise Reconditioning in Stroke - **Catarina Aguiar Branco, Portugal**

Implementation of evidence-based rehabilitation

- Developing stroke rehabilitation services in the war context in Ukraine - **Volodymyr Golyk & Andrii Sklipalskyi, Ukraine**

Questions, interactive discussion & take-home messages

WK5 – 10:00-11:30

Workshop Title : **Selective Application of Cryoneurolysis to Intramuscular Motor Branches for the Treatment of Spasticity**

Spasticity is a highly prevalent condition in Physical Medicine and Rehabilitation consultations, significantly impacting patients' quality of life. It is a complex phenomenon that requires a multidisciplinary approach and the use of diverse treatment strategies. Among these, neurolysis is defined as a procedure aimed at interrupting the nerve pathways responsible for spasticity. Traditionally, substances such as phenol and alcohol were injected for this purpose; however, cryoneurolysis has more recently been adopted as a viable alternative, with its application in spasticity treatment initially described by Paul Winston.

Cryoneurolysis involves the reversible destruction of the axon through a percutaneous, ultrasound-guided application of a cryoprobe, which freezes the nerve fibers. Detailed mapping of the intramuscular motor branches for each muscle contributing to spasticity allows for the selective application of cryoneurolysis. This targeted approach enables treatment of specific muscles while preserving the function of surrounding muscles and avoiding damage to sensory nerves.

Objectives:

1. To understand the physical principles of cryoneurolysis and its mechanism of action in treating spasticity.
2. To review the nerve trunks responsible for various spastic patterns and the potential for addressing these patterns with neurolytic techniques.
3. To describe the intramuscular motor branches associated with different spastic patterns in both the upper and lower limbs.

Agenda

Fundamentals of Cryoneurolysis and Its Application in Spasticity: Motor Patterns – **Moderator: Alfredo Rodríguez Pérez, Spain**

Nerve Blocks for the Treatment of Spasticity in the Proximal Upper Limb – **Ana Melendez Laborda, Spain**

Nerve Blocks for the Treatment of Spasticity in the Anterior Lower Limb - **Diego Hermoso de Mendoza Pi, Spain**

Nerve Blocks for the Treatment of Spasticity in the Posterior Lower Limb – **Ivan Gil de Sousa Duarte, Spain**

Q&A

WK6 – 11:00-12:30

Workshop Title: **Ultrasound Identification of Neck Muscles for Dystonia/Injections**

This hands-on workshop is designed to provide clinicians with in-depth knowledge and practical skills in the ultrasound identification of neck muscles for the management of cervical dystonia. Focusing on the use of musculoskeletal ultrasound in guiding therapeutic injections, the session aims to enhance both anatomical understanding and technical accuracy in clinical practice.

Participants will begin with a concise overview of the functional anatomy of the cervical musculature, with particular attention to muscles commonly implicated in dystonia, such as the sternocleidomastoid, splenius capitis, semispinalis capitis, levator scapulae, and deep neck flexors. Emphasis will be placed on differentiating these structures sonographically and understanding their roles in abnormal movement patterns and postures associated with cervical dystonia.

The practical component of the workshop will offer participants supervised, real-time scanning experience using high-resolution ultrasound machines. Faculty will demonstrate techniques for optimal probe positioning, muscle identification, and needle guidance. Participants will learn key sonographic landmarks and techniques to ensure safe and effective delivery of botulinum toxin or other therapeutic agents.

This session is particularly suited to clinicians involved in spasticity and dystonia management, including those in rehabilitation medicine, neurology, and pain medicine. Whether new to ultrasound or looking to refine their skills, attendees will gain confidence in using imaging to support precise and patient-specific treatment planning.

The workshop also aligns with the broader conference theme of advancing rehabilitation techniques through modern imaging modalities. As musculoskeletal ultrasound becomes increasingly accessible and integrated into clinical practice, this session highlights its role in improving outcomes in complex neurorehabilitation cases.

By the end of the workshop, participants will have a stronger foundation in applied cervical anatomy, improved proficiency in ultrasound scanning techniques, and a clearer understanding of how to implement image-guided interventions effectively in the management of dystonia.

Agenda

Introduction – **Fahim Anwar, UK**

Review of neck muscle anatomy with a focus on dystonia-related muscles.

Importance of accurate muscle identification in treatment outcomes – **Ece Yilmaz-Kara, UK**

Live demonstration of ultrasound scanning on key neck muscles.

Identifying normal anatomy and common variants – **Fahim Anwar, UK and Ece Yilmaz-Kara, UK**

Hands-On-Practical

WK7 – 12:00-13:30

Workshop Title: **Multidisciplinary Therapeutic Approaches for the Rehabilitation of Patients with Disorders of Consciousness**

Progress in critical care has led to an increase in the number of patients who survive severe traumatic and non-traumatic brain injury (TBI and NTBI, respectively). Patients in unresponsive wakefulness syndrome or minimally conscious states following severe brain injury present unique clinical challenges that transcend a single medical discipline. The primary aim of this workshop is to present a comprehensive, multidisciplinary framework for the management of patients with Disorders of Consciousness (DoC) following severe brain injury.

Introduction – **Chair: Anna Oksamitni, Israel**

Managing Sympathetic Storming and Pressure Ulcer Prevention in Patients with Disorders of Consciousness: A Nursing Perspective – **Ira Yakubov, Israel**

Advanced Physiotherapy Techniques for Respiratory Health and Tone Management in Disorders of Consciousness – **Miri Gruber, Israel**

The Role of the Social Worker in Supporting Families of Patients with Disorders of Consciousness – **Gili Rosen, Israel**

Therapeutic Strategies in the Care of Patients with Disorders of Consciousness: Eye Tracking, Speaking Valve Use, and Family-Integrated Therapy - **Hielal Lehrer, Israel & Orin Yardeni, Israel**

Q&A

WK8 – 12:00-12:30

Workshop Title: **Heads up on concussion! Mechanisms, assessments, treatments and person-centered rehabilitation of persisting symptoms**

Concussion/mild traumatic brain injury (mTBI) is a global problem, with many millions of people sustaining a head injury every year. For a majority, the symptoms may resolve but an increasing

proportion are reported to suffer from long-term persisting post-concussive symptoms, affecting their daily life, social contacts, work and leisure. Over the past decade there has been an increased attention to concussion/mTBI. New information regarding the mechanisms have emerged, and new ways to assess, evaluate and treat symptoms in the early as well as later phases have been developed. The purpose of this workshop is to summarize current knowledge regarding mechanisms, assessments, treatments and person-centered rehabilitation following concussion/mTBI with a focus on long-term persisting post-concussive symptoms. It will contribute with a broad approach towards an increasingly recognized area of neurological rehabilitation. This workshop is intended for clinicians and scientists who will obtain an overview of a rapidly developing area of neurological rehabilitation.

Welcome & Introduction – Moderator & Chair: **Jan Lexell, Sweden**

The concussed brain – Understanding the mechanisms and improving treatment of persisting symptoms - **Hana Malá Rytter, Denmark**

The concussed brain – A modern approach to treatment and rehabilitation of persisting symptoms - **Jan Lexell, Sweden**

Questions and Discussions - **Hana Malá Rytter, Denmark & Jan Lexell, Sweden**

WK9 – 12:00-15:00

Workshop Title: **Functional Neurological Disorder (FND) Rehabilitation and the Role of the PRM Physician**

Functional Neurological Disorder (FND) is now recognised as one of the most common conditions seen in neurology, affecting an estimated 10–30% of patients referred to specialist services. It is a major cause of disability and distress, yet continues to be poorly understood and inconsistently managed across healthcare systems.

There is growing evidence that patients with FND benefit most from a multidisciplinary approach that integrates physical rehabilitation, psychological support, and education. Physical and Rehabilitation Medicine (PRM) physicians are well-placed to lead such care, particularly in structured inpatient or outpatient rehabilitation settings. However, the inclusion of FND within rehabilitation pathways remains highly variable across Europe.

This workshop aims to raise awareness and improve understanding of FND within the PRM community, emphasising the role of PRM physicians in diagnosis, management, and service development. We will present practical models of care, real-world case outcomes, and international perspectives on rehabilitation delivery for this often-marginalised group.

Workshop Components:

Understanding FND in PRM Practice: A PRM physician will introduce FND and its relevance to rehabilitation medicine, covering clinical presentation, diagnosis, and symptom management—including fatigue, pain, cognitive dysfunction, and bowel/bladder symptoms. This will include a

discussion of the PRM physician's leadership role in coordinating care and communicating diagnosis effectively.

Rehabilitation Outcomes from the UK National Rehabilitation Centre (NRC): This session will present data and case studies from patients treated at the NRC in the UK, demonstrating how a structured rehabilitation programme can lead to meaningful functional recovery. We will outline referral models, team roles, and patient feedback, along with outcome data on mobility, independence, and psychological adjustment.

Physiotherapy in FND – Techniques and Evidence: A specialist physiotherapist will share specific strategies used in FND rehabilitation, including movement retraining, use of distraction, automatic movement strategies, and re-integration of normal function. Evidence-based practice, patient education, and graded goal-setting will be discussed.

Psychological Approaches and Neuropsychology: A neuropsychologist will describe common cognitive and emotional profiles seen in FND, and explain therapeutic tools used to enhance insight and motivation. Techniques such as cognitive behavioural therapy, motivational interviewing, and narrative-based approaches will be explored in relation to rehabilitation engagement.

European Perspectives on FND Rehabilitation: This session will explore how FND is approached across different European healthcare systems, drawing on the experiences of clinicians from multiple countries. We will highlight successful service models, common challenges, and the varying integration of FND within PRM across Europe. Opportunities for future collaboration and harmonisation of care standards will be discussed.

Interactive Case Discussions and Future Directions: We will conclude with interactive case-based discussions, inviting participants to share experiences and challenges in managing FND. The panel will provide practical recommendations on pathway development, workforce training, and research priorities, with a view to expanding access to effective rehabilitation for this under-served population.

This workshop will equip participants with clinical, strategic, and cross-national insights to advance the role of PRM in the rehabilitation of FND.

Agenda

Introduction – Moderator: **Javvad Haider, UK**

FND: The role of the PRM Physician – **Manoj Sivan, UK**

FND: The Europea Perspective – **Mauro Zampolini, Italy**

Outcomes from specialist inpatient FND rehab at the National Rehabilitation Centre UK – **Weaam Ibraheem, UK**

FND: The role of the neurophysiotherapist – **Volker Teweleit, UK**

FND: The role of the neuropsychologist – **Robert Stephens, UK**

Case Demonstrations – Panel

Panel Discussion & Q&A

WK10 -14:30-16:00

Workshop Title: **Sci-group & ISCoS-ESPRM MoU Workshop: Innovations in Pain and Spasticity Management After Spinal Cord Injury**

In this workshop, on behalf of SCI group & ISCoS-ESPRM MoU, we aim to equip healthcare professionals with the latest knowledge and skills necessary to effectively manage pain and spasticity in persons with spinal cord injuries. Through interactive discussions and real-life case studies, we hope to foster a collaborative learning environment that enhances patient care and quality of life.

Co-Chairs - ***Belgin Erhan, Turkey & Klemen Grabljevec, Slovenia***

Introduction - Welcome and overview of the workshop objectives and structure
Belgin Erhan, Turkey & Klemen Grabljevec, Slovenia

Part 1: Recent Advances in Understanding and Assessing Pain and Spasticity

Discussion of the latest research findings on pain mechanisms - ***Roberto Casale, Italy***

Overview of spasticity pathophysiology and its implications for rehabilitation- ***Yannis Dionyssiotis, Greece***

Part 2: Current Management Strategies

Management updates for Pain: Review of emerging therapies – ***Roberto Casale, Italy***

Pharmacological updates for Spasticity: Review of local interventions (botulinum toxin injections) and new medications – ***Belgin Erhan, Turkey***

Innovations and Future Directions for Spasticity: Treatment of spasticity with ITB pump - ***Klemen Grabljevec, Slovenia***

Part 3: Case Studies Discussion 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***

WK11 – 14:00-15:30

Workshop Title: Translating Knowledge into Practice: Real-Life Experiences and Insights From Inpatient Neurorehabilitation Center

Translating Research Knowledge into Clinical Practice is a process in which up-to-date findings are adapted and effectively applied within clinical work. It is well established that many years often pass between the publication of new knowledge and its implementation in the field. The goal of this process is to ensure the delivery of evidence-based treatments that ultimately improve patient outcomes.

Effective knowledge translation requires identifying best practices supported by research evidence, recognizing major barriers (including organizational obstacles and resistance to change), and developing a multi-stage plan for their successful implementation in the clinic. In this didactic session, we will present a comprehensive overview of the barriers inherent to this process and describe the stages involved in integrating evidence-based interventions into clinical practice, with a particular focus on neurological rehabilitation, based on experience gained in the Physical Therapy Department at the Loewenstein Rehabilitation Medical Center.

Loewenstein Rehabilitation Center is one of Israel's largest rehabilitation hospitals, comprising 10 departments that treat a wide range of diagnoses, including stroke, traumatic brain injury, spinal cord injury, complex orthopedic injuries, and amputations. The physical therapy team includes 87 therapists. We are continuously striving to improve care by allocating resources and manpower to implementation processes that aim to bridge the gap between knowledge and practice. The session will review the challenges and strategies involved in implementation, and through real-world examples using the Knowledge-to-Action (KTA) Model, we will offer meaningful insights to support future implementation efforts that can lead to substantial changes in clinical routines and provide participants with tools for effective and efficient process planning.

We will address three implementation processes in the following topics: perturbation-based balance training, moderate-to-high intensity walking training, modified constraint-induced movement therapy (CIMT) in subacute rehabilitation.

Agenda

Theoretical framework for structuring the implementation process – **Michal Kafri, Israel**

Implementation of perturbation-based balance Training with technology integration – **Shirley Handelzalts, Israel**

Implementation of Moderate-High Intensity Gait Training – **Justine Lowenthal-Raz, Israel**

Implementation of Modified Constraint-Induced Movement Therapy (CIMT) - **Justine Lowenthal-Raz, Israel**

WK12 – 14:00-18:00

Workshop Title: **Rehabilitation of children with back disorders: scoliosis and chronic back pain**

This practical workshop offers an in-depth exploration of two common adolescent back problems: idiopathic scoliosis and chronic back pain. It covers detailed diagnostics, treatment, and rehabilitation options for both conditions. Participants are encouraged to engage actively by using smartphones and through live discussions. Participants may also ask about their own patient cases.

Agenda

Idiopathic scoliosis – diagnostics, treatment and rehabilitation – **Stefano Negrini, Italy**

Chronic back pain –evaluation, treatment and rehabilitation in biopsychosocial framework - **Minna Ståhl, Finland**

WK13 - 14:00-18:00

Workshop Title: AI-Powered PMR: Enhance Your Practice

The workshop, "AI-Powered PMR: Enhance Your Practice" is designed to equip Physical Medicine and Rehabilitation (PMR) professionals with the knowledge and skills to effectively integrate cutting-edge AI technologies into their clinical practice. This workshop will introduce participants to the transformative potential of Large Language Models (LLMs), specifically Google's Gemini, demonstrating how these tools can bridge the gap between basic science and practical application. We will explore how Gemini can be leveraged to enhance clinical workflows through effective prompt engineering, the creation of customized "gems" for task automation, and the use of Notebook LM for efficient research summarization and data analysis. Aligning with ESPRM2026's focus on "Translating Basic Science into Clinical Practice" and "Meet Tomorrow's Technology," this workshop will showcase how AI can empower PMR professionals to provide more efficient, personalized, and data-driven care. We will delve into how AI can facilitate the adoption of groundbreaking innovations such as telehealth, virtual reality, and augmented reality by providing the tools to analyze data, generate insights, and create tailored patient experiences. Furthermore, this workshop will foster a collaborative environment, encouraging participants to explore new concepts, novel approaches, and build lasting connections with peers. With a special emphasis on young PMR doctors and the next generation of leaders, we aim to provide practical skills and knowledge that will shape the future of rehabilitation medicine. This workshop will enable participants to actively engage with emerging technologies, translating scientific advancements into tangible clinical benefits, and fostering a culture of innovation and collaboration within the PMR community.

Agenda

Introduction - **Adam Zalewski, Poland**

Prompt Engineering - **Tijana Spasojevic, Serbia**

Gem Building - **Adam Zalewski, Poland**

Notebook LM - *Tijana Spasojevic, Serbia*

Advanced Prompting – *Adam Zalewski, Poland*

Q&A

WK14 – 16:30-18:00

Workshop Title: **Heterotopic Ossification and Spinal Cord Injury, on behalf of SCI group & ISCoS-ESPRM MoU**

This workshop, organised under the ISCoS–ESPRM Memorandum of Understanding, focuses on heterotopic ossification (HO) as a frequent and disabling complication of spinal cord injury (SCI). HO affects more than half of individuals with SCI, typically developing within the first months after injury and leading to pain, restricted joint mobility, functional limitations, and reduced quality of life. Despite its clinical importance, the mechanisms underlying HO formation remain incompletely understood, and evidence-based prevention and treatment strategies are still evolving.

The workshop will provide an up-to-date, clinically oriented overview of the natural history, risk factors, diagnostic challenges, and management of HO in SCI. Speakers will address conservative and pharmacological approaches, the role of physical modalities and rehabilitation, surgical indications and outcomes, and the central role of PRM in coordinating multidisciplinary care. The workshop is designed to support clinical decision-making and improve functional outcomes in individuals with SCI-related HO.

Agenda

The nature of heterotopic ossification following spinal cord injury - *Marek Krasuski, Poland*

Diagnosis, prevention, and early management of heterotopic ossification in spinal cord injury – *Anda Nulle, Latvia*

Surgical treatment of heterotopic ossification after spinal cord injury and its outcomes – *Piotr Tederko, Poland*

The role of Physical and Rehabilitation Medicine in managing patients with heterotopic ossification after spinal cord injury - *Angeliki Galata, Greece*

WK15 – 16:00-17:30

Workshop Title: **“Harnessing Motion”: Pony and carriage in therapeutic practice in rehabilitation**

Rehabilitative therapy with ponies and carriages is a unique therapy that we have been practicing for the past four years, at Loewenstein Rehabilitation Medical Center in Israel. It's the first of its kind in Israel and worldwide. We work with the ponies and carriages in varied ways:

- Grooming the ponies
- Riding the ponies of varied sizes
- Stirring/driving the carriage sitting on the carriage seat or on a wheelchair secured to the carriage
- Equine Dynamic Balance (EDB): an innovative development added to the carriage: the patient stands on the carriage while stirring it, completely safe as the patient is secured in a full body harness.

Using these varied options with patients at different functional levels (from very basic to high level functioning) creates a multi-layered experience that generates a deep and significant synergistic effect in the patient, supporting the improvement of physical and cognitive abilities, communication skills, and the building of emotional well-being for both the patient and their family members.

These varied options and especially require multiple skills and abilities: balance, quick reaction, planning ability, spatial awareness, memory, divided attention, and communication and cooperation with the animal.

Therapeutic goals are defined by therapists from various disciplines; physical therapy, occupational therapy, speech therapy and psychology.

The goals and achievements are numerous and diverse:

- Physiotherapy:

Improvement of sitting and standing balance, of upper limb function, muscle strength, range of motion and sensation, pain reduction.

- Occupational Therapy:

Motor and Sensory Practice of Upper Limbs
Cognitive Training:

Practicing processes such as focused and alternating attention, responding to multiple variables simultaneously, working memory, understanding action sequences, memory and learning of tasks, planning, and both basic and complex executive functions.

Participation and Functional Practice

- Speech Therapy:

Speech Volume and Tone
Speech Rate
Improving Speech Intelligibility
Breath-Speech Coordination
Basic Understanding of Stimulus-Response
Augmentative and Alternative Communication (AAC)

- Psychology:

Enhancement of Self-Efficacy, Confidence, and Emotional Resilience
Improving Emotional Regulation and Stress Reduction
Pain Management
Fostering Social Communication and Interpersonal Skills
Increasing Patient Motivation, Compliance and Active Participation
Involvement of family members and caregivers during the therapy process

Therapy through carriages and ponies represents a peak of the rehabilitation process, as it integrates a wide range of rehabilitative aspects, resulting from the complexity of the activity that combines motor demands, cognitive skills, and emotional regulation.

The encounter, which takes place outdoors, the act of carriage driving, and of course, creating a connection with the animal and controlling it through commands, brings satisfaction and a sense of control that is often missing for patients undergoing rehabilitation.

The great enjoyment patients derive from this therapy significantly boosts their motivation and compliance with treatment and contributes to the overall rehabilitation process.

This empowering experience leaves a lasting impact, leading to improved participation even in conventional therapy sessions, by increasing compliance and reducing feelings of stress.

Agenda

Introduction: why did we adopt this therapeutic method? – **Adi Granat, Israel**

Principles of pony riding, carriage stirring and Equine dynamic balance system (EDB) – **Udi Ben Eliyahu, Israel**

1. Implementation of this method as part of the treatment package in inpatient rehabilitation
2. Benefits of this therapeutic method in motor rehabilitation +case reports – **Justine Raz, Israel**

Benefits of this therapeutic method in cognitive rehabilitation +case reports – **Tatiana Biton, Israel**

Benefits of this therapeutic method in speech rehabilitation +case reports – **Anat Tzuk Segev, Israel**

Benefits of this therapeutic method in emotional rehabilitation +case reports – **Adi Granat, Israel**

WK16 – 16:00-17:30

Workshop Title: **Degenerative Meniscus Rehabilitation**

Degenerative meniscus injuries are increasingly common, particularly in aging populations with osteoarthritis, and are associated with pain, instability, and functional limitation. For rehabilitation medicine, they represent a key area for evidence-based, non-surgical management aimed at preserving joint function.

This WS presents a comprehensive, research-informed framework for the rehabilitation of degenerative meniscal lesions, with a strong focus on functional outcomes. It begins with an overview of pathology, etiology, and pathogeny, highlighting differences from traumatic tears and emphasizing chronic overload and age-related tissue changes.

Targeted physical interventions are central, including periarticular muscle strengthening, neuromuscular training, and movement pattern correction to enhance joint stability and optimize load distribution. Biomechanical strategies address gait alterations and excessive knee stress.

The program also integrates pharmacological and emerging therapies, such as analgesics, intra-articular injections, and DMOADs, within rehabilitation planning.

A structured, phase-based approach, from pain control to functional reintegration, is proposed, underscoring personalized care, patient education, and multidisciplinary collaboration.

WS aims: To provide an evidence-based framework for the rehabilitation of patients with degenerative meniscus injuries. The WS will focus on understanding the pathology, exploring non-surgical rehabilitation strategies, and optimising outcomes through a multidisciplinary approach. The latest evidence regarding conservative meniscus management will be presented.

Agenda

Introduction about - ***João Pinheiro, Portugal & Jorge Laíns, Portugal***

Understanding Degenerative Meniscus - ***Pedro Figueiredo, Portugal***

Outcomes through muscle strength, motor control, exercise - ***João Branco, Portugal***

Pharmacological and Emerging - ***Jorge Laíns, Portugal***

Rehabilitation: a comprehensive and systematic approach - ***João Pinheiro, Portugal***

Discussion - **All**

Conclusion - ***João Pinheiro, Portugal & Jorge Laíns, Portugal***

WK17 – 10:00-13:00

Workshop Title: **Medical Management of Mechanical devices in Respiratory Rehabilitation**

Specialists in Physical and Rehabilitation Medicine (PRM) often manage patients with conditions that lead to increased respiratory secretions. This occurs both in dedicated respiratory rehabilitation units and when managing inpatients or acting as consultants for patients admitted under other specialties.

While PRM physicians must understand basic physiotherapy techniques to prescribe them appropriately, they also need a deeper knowledge of therapeutic devices—how they work, when to use them, contraindications, and how to adapt them to each patient. This includes mechanical ventilation devices, which require medical prescription, as well as awareness of potential risks and emergency management.

Currently, this knowledge is often insufficient outside of highly specialized units.

This workshop is designed to address these gaps—exploring the various devices, their specific indications, and how to adapt and prescribe them for individual patients, depending on their condition, goals, and diagnosis. This aligns with the core mission of PRM: to prevent, treat, and reduce disability while improving patient quality of life.

PRM physicians are increasingly consulted for patients who either require mechanical devices due to their condition, or for whom conventional physiotherapy is not enough. In hospitalized patients, consultations may arise due to problems with device use, improper adaptation, or therapist-reported incidents. Resolving these issues requires practical knowledge that may be difficult to gain in some centers due to lower patient volumes. With proper training, PRM specialists can contribute significantly to patient care and the multidisciplinary team.

Scientific literature highlights growing evidence for the use—and non-use—of these devices, making up-to-date knowledge essential. This course supports the World Health Organization’s call to action for PRM to improve rehabilitative care and expand access for patients with increasingly complex and chronic conditions.

Moderator: ***Sara Laxe, Spain***

Presenters/teaching instructors

Maria Rosaria Urbez Mir, Spain

Daniela Alexandres Rios de los Rios, Spain

Paul Matthew Burnham, Spain