



**aillme**  
Association for International  
Lifelong Learning in Medicine



# **RELIEF IN MOTION: A 360° VIEW OF MUSCULOSKELETAL PAIN AND MUSCLE SPASM MANAGEMENT**

**09-11 October 2026**

Hilton Garden Inn Bologna North, Italy



## **PROGRAM**

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## Day 1 – Afternoon (0.5 Day)

**13:00–14:00 Registration & Welcome Coffee**

**14:00–14:20 Opening Remarks: Why Focus on Muscle Spasm?**

**Proposed Chair:** Zoltán Dénes, MD, PhD (Hungary)

**Proposed Speaker:** Indre Bileviciute-Ljungar, MD, PhD (Sweden)

- Burden of acute musculoskeletal pain in daily practice
- The need for fast, functional relief

**14:20–15:00 Session 1: Acute Painful Muscle Spasm – From Neck to Low Back**

**Proposed Chair:** Vincenzo Ricci, MD (Italy)

**Proposed Speaker:** Jakub Jačisko, MD, PhD (Czech Republic)

- Pathophysiology of muscle spasm and the pain-spasm-pain cycle
- Clinical spectrum: neck pain, low back pain, shoulder and myofascial pain

**15:00–15:40 Session 2: Guideline Perspectives in Acute Musculoskeletal and Low Back Pain**

**Proposed Chair:** Rodica Ungur, MD, PhD (Romania)

**Proposed Speaker:** Nicola Marotta, MD, PhD (Italy)

- Non-pharmacological and pharmacological options
- Where do centrally acting muscle relaxants fit in?



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**15:40-16:00 Coffee Break**

**16:00-16:40 Session 3: Multimodal Centrally Acting Muscle Relaxants – Pharmacology in Simple Terms**

**Proposed Chair:** Indre Bileviciute-Ljungar, MD, PhD (Sweden)

**Proposed Speaker:** Metaxia Bareka, MD, PhD (Greece)

- Analgesic, muscle-relaxant, and anti-inflammatory components of action
- Central mechanisms and breaking the pain-spasm cycle

**16:40-17:30 Session 4: From Molecule to Bedside – Rationale for a Multimodal Approach**

**Proposed Chair:** Alessandro de Sire, MD, PhD (Italy)

**Proposed Speaker:** Osman Tuğrul Eren, MD (Türkiye)

- Typical indications and patient profiles
- Choosing a centrally acting muscle relaxant among other options

**17:30-18:00 Opening Case Session: "Would You Use a Centrally Acting Muscle Relaxant in This Patient?"**

**Proposed Chair:** Zoltán Jenei, MD, PhD (Hungary)

**Proposed Case Lead:** Anca-Raluca Dinu, MD, PhD (Romania)

- 2-3 short cases with interactive voting



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**Day 2 – Full Day**

**Morning Session**

**09:00–09:40    Session 5: Evidence for Centrally Acting Muscle Relaxants in Musculoskeletal Pain**

**Proposed Chair:** Cecilia Perin, MD, PhD (Italy)

**Proposed Speaker:** Alessandro de Sire, MD, PhD (Italy)

- Clinical studies and real-world experience (conceptual overview)
- Acute low back pain, cervical and lumbar spasm scenarios

**09:40–10:20    Session 6: Acute Musculoskeletal Pain in Emergency and Outpatient Settings**

**Proposed Chair:** Katerina Bouzia, MD, PhD (Greece)

**Proposed Speaker:** Indre Bileviciute-Ljungar, MD, PhD (Sweden)

- Role of centrally acting muscle relaxants in acute presentations
- Combination with NSAIDs and non-pharmacological measures

**10:20–10:40    Coffee Break**

**10:40–11:20    Session 7: Practical Concepts – Treatment Windows and Duration of Use**

**Proposed Chair:** Metaxia Bareka, MD, PhD (Greece)

**Proposed Speaker:** Katerina Bouzia, MD, PhD (Greece)



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- Infections and use of antibiotics
- Avoiding overuse of centrally acting muscle relaxants

## **11:20-12:15 Case Workshop 1: "Acute Low Back Pain Pathways"**

**Proposed Chair:** Rodica Ungur, MD, PhD (Romania)

**Proposed Case Lead:** Jakub Jačisko, MD, PhD (Czech Republic)

- Group work: guideline-based pathways with and without a centrally acting muscle relaxant
- Presentation and discussion of different strategies

## **12:15-13:30 Lunch Break**

### **Afternoon Session**

## **13:30-14:10 Session 8: Safety Profile – What Do We Need to Monitor?**

**Proposed Chair:** Indre Bileviciute-Ljungar, MD, PhD (Sweden)

**Proposed Speaker:** Metaxia Bareka, MD, PhD (Greece)

- Common adverse events and practical monitoring points
- Practical tips for safe use in daily practice

## **14:10-14:40 Session 9: Special Populations in Musculoskeletal Pain**

**Proposed Chair:** Cecilia Perin, MD, PhD (Italy)

**Proposed Speaker:** Anca-Raluca Dinu, MD, PhD (Romania)



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- Older adults and multimorbid patients
- Patients with concomitant medications and polypharmacy

**14:40-15:00 Coffee Break**

**15:00-15:40 Session 10: Multimodal Management – Muscle Relaxants Plus Rehabilitation**

**Proposed Chair:** Marialuisa Gandolfi, MD, PhD (Italy)

**Proposed Speaker:** Nicola Marotta, MD, PhD (Italy)

- Combining pharmacological treatment with physiotherapy and exercise
- Return-to-work and functional outcomes

**15:40-16:20 Panel 1: “Difficult Musculoskeletal Pain Cases – Where Does a Muscle Relaxant Add Value?”**

**Proposed Chair:** Zoltán Jenei, MD, PhD (Hungary)

**Proposed Case Lead:** Vincenzo Ricci, MD (Italy)

- Recurrent low back pain with spasm
- Patients with previous treatment failures

**16:20-17:00 Satellite Symposium / Industry Session (Centrally Acting Muscle Relaxants)**

**Proposed Chair:** Indre Bileviciute-Ljungar, MD, PhD (Sweden)

**Proposed Speaker:** Metaxia Bareka, MD, PhD (Greece)

- Real-world experience and patient cases
- Practical tools for HCP–patient communication



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**17:00-17:30 End-of-Day Wrap-Up & Q&A**

**Proposed Chair:** Zoltán Dénes, MD, PhD (Hungary)

**Proposed Speaker:** Rodica Ungur, MD, PhD (Romania)

- Key learning points of Day 2
- Questions, answers, and feedback



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## Day 3 – Morning (0.5 Day)

### 09:00–09:40 Session 11: Guideline-Based Pathways for Acute and Subacute Musculoskeletal Pain

**Proposed Chair:** Anca-Raluca Dinu, MD, PhD (Romania)

**Proposed Speaker:** Nicola Marotta, MD, PhD (Italy)

- International guidelines: core messages
- Where to position a centrally acting muscle relaxant within stepwise management

### 09:40–10:20 Session 12: From Spine to Shoulder – Regional Case Discussions

**Proposed Chair:** Vincenzo Ricci, MD (Italy)

**Proposed Speaker:** Güngör Alibakan, MD (Türkiye)

- Acute lumbar spasm with mobility limitation
- Acute neck and shoulder pain cases

### 10:20–10:40 Coffee Break

### 10:40–11:20 Session 13: Talking to Patients – Explaining the Treatment Plan

**Proposed Chair:** Rodica Ungur, MD, PhD (Romania)

**Proposed Speaker:** Indre Bileviciute-Ljungar, MD, PhD (Sweden)

- Setting realistic expectations about pain relief
- Explaining short-term pharmacological use and lifestyle advice



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**11:20–12:00 Case Workshop 2: “Controversial or Borderline Cases”**

**Proposed Chair:** Katerina Bouzia, MD, PhD (Greece)

**Proposed Case Lead:** Metaxia Bareka, MD, PhD (Greece)

- Patient expecting immediate strong analgesia
- Patient with polypharmacy and musculoskeletal pain

**12:00–12:30 Closing Session**

**Proposed Chair:** Zoltán Dénes, MD, PhD (Hungary)

**Proposed Speaker:** Cecilia Perin, MD, PhD (Italy)

- Summary of take-home messages
- Certificates and closing remarks





## CONTACT

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