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Association for International
Lifelong Learning in Medicine



360° MANAGEMENT OF MUSCULOSKELETAL PAIN AND SPASM: RELIEF IN MOTION



**20 - 22
NOVEMBER
2026**

UNA Hotels Empire Rome
Italy

PROGRAM

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: Prof. Dr. Mesut Tahta (Türkiye)

- 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?

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

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: Prof. Dr. Mesut Tahta (Türkiye)

- 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)

- 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: Prof. Dr. Mesut Tahta (Türkiye)

- 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: Doç. Dr. Emre Bilgin (Türkiye)

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

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

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

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

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

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: Doç. Dr. Emre Bilgin (Türkiye)

- 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

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: Doç. Dr. Emre Bilgin (Türkiye)

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



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