

**Evento:** ROMA PAIN DAYS

**Sede:** Precise House Hotel Mantegna Roma, Via Andrea Mantegna, 130 - ROMA

**Data:** 14-15-16 maggio 2026

**Piano formativo di riferimento:** Anno 2026

**Provider:** SELENE SRL – Numero: 804

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**1. RESPONSABILE SCIENTIFICO:** Prof. GIUSTINO VARRASSI

**2. RAZIONALE SCIENTIFICO:** #RPD6 will deliver a cutting-edge, multidisciplinary agenda including Plenary Lectures by internationally recognized experts, parallel Symposia and “Meet the Expert” sessions, Hands-on Workshops and live demonstrations, poster sessions and oral communications, roundtable discussions, and interactive Q&A panels.

Key topics will explore innovations in pain diagnostics and therapeutics, translational research and emerging technologies, artificial intelligence applications in Pain Medicine, neuromodulation and interventional Pain management, multimodal and personalized pain treatment strategies.

We extend our sincere gratitude to the Scientific Program Committee (SPC), the Local Organizing Committee (LOC), and our esteemed sponsors. Their unwavering support and dedication are instrumental in bringing this congress to fruition and advancing the field of Pain Medicine.

We invite you to be part of Roma Pain Days 2026, where tradition meets innovation in the pursuit of alleviating pain and improving patient care.

Whether you join us in person in Rome or participate virtually, your presence will contribute to the richness of the discourse and the success of the event.

**3. OBIETTIVO FORMATIVO DI INTERESSE NAZIONALE:**

21- Trattamento del dolore acuto e cronico. Palliazione

**3.1 Acquisizione di Competenze:**

**4. TIPOLOGIA DELLA FORMAZIONE:** Residenziale

**4.1 Tipologia Evento:** CONGRESSO

**4.2 Destinatari:** MEDICO CHIRURGO (Discipline: Allergologia Ed Immunologia Clinica; Dermatologia E Venereologia; Medicina Fisica E Riabilitazione; Medicina Aeronautica E Spaziale; Psichiatria; Medicina Legale; Igiene, Epidemiologia E Sanità Pubblica; Medicina Dello Sport; Oftalmologia; Farmacologia E Tossicologia Clinica; Medicina Nucleare; Continuità Assistenziale; Gastroenterologia; Geriatria; Nefrologia; Neuropsichiatria Infantile; Chirurgia Maxillo-Facciale; Chirurgia Pediatrica; Neuroradiologia; Farmacista: Farmacista Pubblico Del Ssn; Medico Chirurgo: Direzione Medica Di Presidio Ospedaliero; Organizzazione Dei Servizi Sanitari Di Base; Medicina Subacquea E Iperbarica; Medicina Termale; Oncologia; Pediatria; Chirurgia Vascolare; Ginecologia E Ostetricia; Otorinolaringoiatria; Neurofisiopatologia; Psicologo: Psicoterapia; Medico Chirurgo: Cure Palliative; Epidemiologia; Medicina Di Comunità; Endocrinologia; Malattie Infettive; Microbiologia E Virologia; Igiene Degli Alimenti E Della Nutrizione; Audiologia E Foniatria; Angiologia; Genetica Medica; Malattie Dell'apparato Respiratorio; Neurologia; Cardiochirurgia; Chirurgia Toracica; Patologia Clinica (Laboratorio Di Analisi Chimico-Cliniche E Microbiologia); Pediatria (Pediatri Di Libera Scelta); Scienza Dell'alimentazione E Dietetica; Farmacista: Farmacista Di Altro Settore; Medico Chirurgo: Cardiologia; Medicina Interna; Neonatologia; Reumatologia; Chirurgia Generale; Neurochirurgia; Anestesia E Rianimazione; Biochimica Clinica; Laboratorio Di Genetica Medica; Medicina TrASFusionale; Radiodiagnostica; Medicina Generale (Medici Di Famiglia); Farmacista: Farmacista Territoriale; Psicologo: Psicologia; Medico Chirurgo: Psicoterapia; Ematologia; Malattie Metaboliche E Diabetologia; Medicina E Chirurgia Di Accettazione E Di Urgenza; Radioterapia; Chirurgia Plastica E Ricostruttiva; Ortopedia E Traumatologia; Urologia; Anatomia Patologica; Medicina Del Lavoro E Sicurezza Degli Ambienti Di Lavoro) – INFERMIERE.

**4.3 Numero massimo di Partecipanti:** 450

4.4 Provenienza: nazionale

## 5. CREDITI:

5.1 Numero ore di formazione: 18 ore

### 5.2 Requisiti per l'ottenimento dei crediti :

- Superamento positivo del Test di Apprendimento (almeno 75% delle risposte esatte)
- Presenza documentata al 90% del programma formativo
- Compilazione della Scheda di Valutazione evento

I requisiti di cui sopra saranno accertati a seguito della consegna presso la Segreteria dell'Evento dell'apposita documentazione compilata, al termine dei lavori.

L'attestato di Crediti conseguiti sarà inviato ai partecipanti dopo la conclusione del corso, previo controllo e validazione della documentazione di cui sopra.

Non sono richiesti pre-requisiti specifici per l'accesso alla formazione, eccetto l'appartenenza alle Professioni/Discipline per le quali la formazione è accreditata.

## 6. INFORMAZIONI GENERALI

### 6.1 Segreteria Organizzativa :

SOLUZIONI OMNIA MEDIA SRL - Via Anfiteatro 10, Verona

Tel. 045/8034553 – Mail: [cogressi@soluzioniomniamedia.com](mailto:cogressi@soluzioniomniamedia.com)

6.2 Quote di iscrizione: 976,00 euro

### 6.3 Modalità di iscrizione:

Invio di scheda di iscrizione o richiesta scritta alla Segreteria Organizzativa

## 7. FACULTY

### 7.1 ELENCO RELATORI/DOCENTI/MODERATORI

## 8. PROGRAMMA

# Auditorium

**May 14, 2026**

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**08:00** Opening of secretariat and participants registration

**16:00-20:30** **Opening ceremony**

**16:00-16:15** **Welcome and opening remarks**

*G. Varrassi*

**16:15-17:15** **The medical mystery of fibromyalgia**

Chairperson: *G. Varrassi*

16:15-16:35 What is already known – *P. Sarzi Puttini*

16:35-16:55 What is still mysterious –*C. Iannuccelli*

16:55-17:15 Q/A

17:15-18:00 **“FPP Prizes”**

Chairpersons: *G. Varrassi, A. Paladini*

18:00-18:45 **Plenary Lecture**  
Beyond traditional phenotypes: decoding mixed pain - *R. Freynhagen*

**18:45-20:30 Visit of the exhibition area**

## **May 15, 2026**

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### **08:30-09:30 Mini-invasive techniques in pain management**

Chairpersons: *C. Gharibo, M. Narvaez*

08:30-08:50 PRF procedural parameters: technical considerations from the Leiden and the Nice Consensus – *F. Marsili*

08:50-09:10 New insights into the mechanisms of action of pulsed radiofrequency and implications for its therapeutic efficacy – *F. Occhigrossi*

09:10-09:30 Beyond blind injections; Medical Ozone Therapy with ultrasound imaging – *T. Ergönenç*

### **9.30-12.30 NO ECM**

### **09:30-10:30 Mixed Pain in Chronic Low Back Pain (CLBP): Current Evidence, Emerging Concepts, and Practical Management\***

Chairperson: *G. Varrassi*

09:30-09:35 Welcome and Introduction: Why Mixed Pain Matters in CLBP  
*G. Varrassi*

09:35-09:50 Mixed Pain (MP): An Established Concept with Key Clinical Impact on Diagnosis and Treatment – *R. Freynhagen*

09:50-10:05 Diagnosing Mixed Pain in CLBP: A Practical, Mechanism-Base Approach for Daily Practice – *R. Guillén*

10:05-10:20 Managing Mixed Pain in CLBP: A Multimechanistic Treatment Strategy for Optimized Pain Control – *R. Freynhagen*

10:20-10:30 Q&A and panel discussion

### **10:30-11:00 Coffee Break**

### **11:00-12:30 Acute Low Back Pain Management: A Multimodal Approach Based on Pathophysiology and Global Recommendations\***

Chairperson: *G. Varrassi*

11:00-11:20 Acute LBP: Epidemiology, Unmet needs and treatment gaps – *M. Kocot-Kępska*

11:20-11:40 Effective early pain control as a strategy to prevent chronic LBP: Evidence and practical insights – *A. Montero Matamala*

11:40-12:00 Current recommendations (Nice, EULAR, WHO, EFIC) and therapeutic priorities in acute LBP treatment – *E. Moka*

12:00-12:20 Integrating Pharmacotherapy into Multimodal Treatment – *M. Hanna*

12:20-12:30 Q/A

### **12:30-13:30 Psychological aspects of chronic pain**

Chairpersons: *S. Khalbous, A. Belii*

12:30-12:50 Psychology and pain catastrophizing – *J. Raudenska*

12:50-13:10 Psychology and pain in cognitive disorders – *A. Javůrkova*

13:10-13:30 Q/A

*\*Sponsored Sessions are organized by Industry and are not included in the main CME-accredited program.*

**13:30-14:30 Light Lunch**

**14:30 – 18:30 Advances in Chronic Management of Hip, Knee, Shoulder, and Sacroiliac Joint Pain Integrating Neurolysis, Regenerative Therapy, and Neuromodulation — Best Practices and Choosing the Right Platform**

Chairpersons: *C. Gharibo, K. Candido, S. Li*

- 14:30-14:45 Standardizing regenerative medicine: PRP, BMAC, MFAT, and exosomes—separating science from marketing – *K. Candido*
- 14:45-15:00 “Regenerative-first” strategies for shoulder, knee, and SI joint pain – *K. Candido*
- 15:00-15:15 Bridging biologics with RFA and PNS for sustained outcomes – *C. Gharibo*
- 15:15-15:30 What payers are watching: coverage trends and CPT coding pathways (0260T, 0232T, 20999) – *K. Candido*
- 15:30-16:30 Neurolysis, Cryo, and Radiofrequency Ablation**
- 15:30-15:45 RFA vs. Cryo vs. Neurolytic techniques: outcomes and durability data across joints – *C. Gharibo*
- 15:45-16:00 Optimizing target precision: SI lateral branches, genicular, suprascapular, and femoral branches – *C. Gharibo*
- 16:00-16:15 Advanced lesioning technologies: cooled RF, bipolar RF, and navigated systems – *C. Gharibo*
- 16:15-16:30 Integrating with regenerative therapy and PNS for multimodal synergy – *C. Gharibo*

**16:30-17:00 Coffee Break**

**17:00-18:15 Neuromodulation: Temporary vs. Permanent PNS**

- 17:00-17:15 Evidence-based selection for temporary vs. permanent PNS – *S. Li*
- 17:15-17:30 Anatomical targets: shoulder, knee, SI joint, multifidus – *S. Li*
- 17:30-17:45 Implementation strategies for ASC and office-based settings – *S. Li*
- 17:45-18:00 Combining neuromodulation with biologics and ablation—multimodal care continuum – *S. Li*
- 18:00-18:15 Future trends: wireless, closed-loop, and AI-assisted PNS systems – *S. Li*

**18:15-18:30 Integration in Action — Building a Multimodal Joint Pain Program - Panel discussion**

Chairperson: *C. Gharibo*

Discussion Points: Real-world algorithms for hip, knee, shoulder, and SI joint pain: from diagnosis to durable remission - Economic and operational strategies for ASCs and office-based practices - Multi-industry collaboration: how biologic, ablative, and neuromodulatory companies can work synergistically - Training, credentialing, and payer advocacy to support multimodal pathways.

**May 16, 2026**

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**09:00-11:00 Pain therapy reimaged and future developments**

Chairperson: *D. Fornasari*

- 03:00-09:20 Reprogramming analgesia: novel molecules for new and established therapeutic targets  
*D. Fornasari*

- 09:20-09:40 New phytopharmaceuticals in the treatment of chronic pain – *L. Luongo*
- 09:40-10:00 Co-crystals in pain therapy - *M.L.G. Leoni*
- 10:00-10:20 A Novel MAGL Inhibitor for the Treatment of Pain and Neuroinflammation  
*M. Pappagallo*
- 10:20-10:40 Digitizing Mixed Pain Phenotyping: From Symptoms to Mechanisms – *C. Turkmen*
- 10:40-11:00 Q/A
- 11:00-11:30 Coffee Break**
- 11:30-12:30 **Pain is in the Fight-or-Flight Response: Control System Modeling of Ascending and Descending Pain Pathways**  
Chairpersons: *F. Breve, J. Pergolizzi*
- 11:30-12:00 Control System Modeling of Pain Pathways – *R. Raffa*
- 12:00-12:30 Control System Modeling of Pain Pathways: Application to the Fight-or-Flight Response A.  
*Dickenson*
- 12:30-13:00 Q/A and Closing Remarks
- 13:00-14:00 Light Lunch**

## Space 3A

### May 14, 2026

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- 09:00-13:00 Abstracts' sessions (Oral Communications)**
- 13:00-14:00 Light Lunch**
- 14:00-16:00 Meet-the-Expert**  
Chairpersons: *M. Kocot-Kępska, D. Myrcik*
- 14:00-14:30 Long COVID related neuropathy – *J. V. Pergolizzi*
- 14:30-15:00 Emerging drugs of abuse (kratom, etc.) – *F. Breve*
- 15:00-15:30 Cannabinoids in research – *K. Starowicz*
- 15:30-16:00 Placebo-nocebo in chronic pain patients – *P. Bqbel*

### May 15, 2026

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- 14:00-18:30 Meet-the-Expert**  
Chairperson: *T. Ergönenç*
- 14:00-14:30 Microbiota modulation in chronic pain patients – *V. Romanenko*
- 14:30-15:00 Evidence based use of Botulinum toxin in chronic pain – *A. Allam*
- 15:00-15:30 Applied kinesiology in pain management – *Alexei Danilov*
- 15:30-16:00 Opioids and pain: Science and no politics! – *M. Hanna*
- 16:00-16:30 Coffee Break**
- 16:30-17:00 Neuro-nutrition in pain patients – *Andrei Danilov*
- 17:00-17:30 Oxygen-ozone therapy in the management of musculoskeletal pain – *G. Fari*
- 17:30-18:00 Fentanyl today: light and shadow – *B. Ghedaliahu Samolsky Dekel*
- 18:00-18:30 Ultrasound Meets PRF: Image-Guided Neuromodulation for Chronic Pain Conditions – *T. Ergönenç*

## May 16, 2026

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### 9:00-13:00 Meet-the-Expert

Chairpersons: *M. Kocot-Kępska, D. Myrcik*

09:00-9:30 Spinal pain and interventional diagnostic testing – *C. Gharibo*

09:30-10:00 The Miracle of Probability: How Token Prediction Is Transforming Medicine  
*D. Myrcik*

10:00-10:30 Mastering Ultrasound guided Hydrodilatation for adhesive capsulitis pain – *R. S. Sharma*

### 10:30-11:00 Coffee Break

11:00-11:30 Inhibition of TRPM8 to modulate NGF-induced pain and disease progression in osteoarthritis – *A. Aramini*

11:30-12:00 Functional failure after interventional Pain Procedures – *A. A. El Oumri*

12:00-12:30 Pain in and Mental Health in 2025 Survey – *R. Van Rooij*

12:30-13:00 Q/A

### 13:00-14:00 Light Lunch

## Space 4B + 4C

## May 14, 2026

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### 09:00 – 13.30 HANDS-ON ULTRASOUND WORKSHOPS IN PAIN MEDICINE

The Ultrasound Workshops in Pain Medicine, where science meets technology in the realm of pain management. These workshops are designed to provide participants with an exceptional learning experience, combining theoretical insights with hands-on training led by world-renowned experts in the field.

#### TARGET AUDIENCE:

- Pain Specialists seeking to incorporate advanced imaging into their practices
- Anesthesiologists transitioning into pain management
- Sports Medicine Practitioners managing musculoskeletal injuries
- Physical Therapy and Rehabilitation Specialists aiming to enhance therapeutic interventions
- Radiologists who want to improve musculoskeletal ultrasonography skill
- Trainees and Fellows aspiring to build a strong foundation in ultrasound-guided procedures

These workshops cover ultrasound-guided joint, musculoskeletal and spine injections.

#### 09:00-11.00 Workshop 1

Workstation 1 (30 min): Shoulder Joint – *F. Occhigrossi*

Workstation 2 (30 min): Knee Joint – *A. Allam*

Workstation 3 (30 min): Hip Joint – *T. Ergönenç*

Workstation 4 (30 min): Elbow – *M. Leoni*

#### 11.30-13.30 Workshop 2

Workstation 1 (30 min): Ankle & Foot – *F. Occhigrossi*

Workstation 2 (30 min): Wrist & Hand – *A. Allam*

Workstation 3 (30 min): Cervical Spine – *T. Ergönenç*

Workstation 4 (30 min): Lumbosacral – *M. Leoni*

**13.30-14.30 Light Lunch**

## **9. CURRICULA**

**TUTTI I CURRICULA SONO DISPONIBILI PRESSO LA SEDE DELLA SEGRETERIA ORGANIZZATIVA.**