

Erasmus+ Blended Intensive Programme

Towards a Collaborative Model of Pain Management: Interdisciplinary Perspectives

18 - 22 May 2026, Craiova, Romania

Time	Day 1, 18 May 2026 University- Faculty of Physical Education and Sports	Time	Day 2 , 19 May 2026 University- Faculty of Physical Education and Sports	Time	Day 3, 20 May 2026 University- Faculty of Physical Education and Sports	Time	Day 4, 21 May 2026 Sf. Nectarie Hospital	Time	Day 5, 22 May 2026 INCESA
9:00 9.30	Start up with coffee/ tea								
9:30 10:00	Icebreaker activities	9:30 10:30	Pain perception in high performance athletes and exercise-induced hypoalgesia (Tjaž Brezovar,SL) Case workshop: Mixed pain mechanisms in chronic MS pain	9:30 10:30	Pain Management Beyond Medication: A Case-Based Comparison of AI Self-Designed vs. Clinician-Guided Rehabilitation (Ilie Eva,RO)	9:30 10:30	The Statistics of suffering: What the numbers really tell us about pain. (Ivan Jurak,HR)	9:30 10:30	Effective communication with patients in pain (Budeancă-Babolea Oana,RO)
10:00 10:15	COFFEE BREAK	10: 30 10:45	COFFEE BREAK	10: 30 10:45	COFFEE BREAK	10:30 10:45	COFFEE BREAK	10:30 10:45	COFFEE BREAK

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10:15 11:15	The Physiopathologic al Foundations of Pain (Ligia Rusu,RO)	10:45 12:45	Practical session on sensoric- motoric From diagnostic to treatment- Utrecht (Arjan Boshuijzen ,NL)	10:45 12:45	Non- pharmacological treatment of pain- driven skeletal muscle inhibition (Alan Kacin & Tjaž Brezovar,SL)	10: 45 12:15	Personalized care (Arjan Boshuijzen ,NL	10:45 12:45	Practical activity in laboratory
11:15 12:15	Mechanisms of pain-driven skeletal muscle inhibition (Alan Kacin,SL)	12:45 13:45	LUNCH BREAK	12:45 13:45	LUNCH BREAK	12:15 13:00	Skeletal muscle deconditioning and pain management in oncological diseases (Piele Denisa,RO)	12:45 13:45	LUNCH BREAK
12:15 13:15	LUNCH BREAK	13:45 14:45	Pain assessment- clinical and functional evaluation, scales (Andreea Maria Rosca,RO)	13:45 15:00	Specific mobilizations as a choice of physiotherapy method for muscle pain in the elderly (Mirjana Telebuh,HR)	13:00 13:45	LUNCH BREAK	13:45 14:45	Feedback and closure

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13:15 14:45	Practical session on interview skills (Arjan Boshuijzen,NL)	14:45	Free time	15:00 16:00 17.00	Next BIP Outdoor and sensorial activities – Nicolae Romanescu Park (Budeancă- Babolea Oana,RO)	13:45 15:45	Fat tissue and pain (Nikolino Žura,HR)		Departure

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14: 45 16:45	From theory to practice: Case based learning to recognize pain mechanism (Arjan Boshuijzen,NL) / Parallel session for teachers			18:30	Free time	15:45	Case studies in oncology (Denisa Piele,RO)		
18.30	Social program and Dinner all together Ghincea Restaurant					17: 00	Craiova Guided Tour		