

The state of the s





UNIVERSITY OF IOANNINA SCHOOL OF HEALTH SCIENCES FACULTY OF MEDICINE

DIVISION OF SURGERY DEPARTMENT OF PHYSICAL MEDICINE AND REHABILITATION

# Conference on Spinal Pain Rehabilitation: Intervention versus Surgery

THURSDAY 4th 2025

AMPHITHEATER OF THE UNIVERSITY HOSPITAL OF IOANNINA, G R E E C E

& Visiting Professor's Day 2025

### **Under the Auspices**

University of Ioannina

Hellenic Spine Society

Macedonia and Thrace Orthopaedic and Traumatologic Society

### WELCOME ADDRESS

### Dear Colleagues,

It is with great pleasure that we welcome you to the 7th Conference on Spinal Pain Rehabilitation: Intervention versus Surgery, organized by the Department of Physical Medicine and Rehabilitation. The event is held under the auspices of the School of Medicine of the University of Ioannina, the Hellenic Spine Society (E.E.S.S.), and the Orthopaedic & Traumatology Society of Macedonia—Thrace (O.T.E.MA.TH.).

The Conference will take place at the Amphitheater of the University Hospital of Ioannina on Thursday, December 4th, 2025, following the "S. Niarchos" Visiting Professor Day of the Department of Physical Medicine and Rehabilitation, which will be held on Wednesday, December 3rd, 2025.

The Conference on Spinal Pain Rehabilitation is addressed to physicians of related specialties (Orthopaedic Surgeons, Radiologists, Neurologists, Neurosurgeons, Rheumatologists, Physiatrists, Anesthesiologists), therapists (physiotherapists, occupational therapists, psychologists), orthotic—prosthetic technicians, nurses, and students. It will cover the latest developments on Spinal Pain rehabilitation, with a holistic approach. Main topics include the principles of spinal interventions and surgeries for the treatment and rehabilitation of spinal pain. Speakers are distinguished International and Greek experts in the field of spinal pain rehabilitation.

### On behalf of the Organizing Committee,

### Avraam Ploumis, MD

Director—Professor of Physical Medicine and Rehabilitation-Spine Rehabilitation, Division of Surgery University of Ioannina Orthopaedic Spine Surgeon

### COMMITTEES

Scientific Committee

Honorary Chair: A. Beris

Chairs: I. Gelalis, A. Korompilias, M. Vekris

**Organizing Committee** 

Chair: A. Ploumis

### **Members**

G. Alexiou K. Mitsiou

S. Bekou A. Mavrodontidis

P. Fakitsa A. Pakos

A. Ferentinou Ch. Papageorgiou
N. Georgakopoulos P. Papakostas
J. Gkiatas V. Pappa
K. Kalogianni V. Tsarkovista

Ch. Kampani A. Tseliga A. Kefalas P. Tsiggeli M. Koletti A. Tsovilis

D. Kosmas I. Tzellios
I. Kostas D. Varvarousis

L. Maggou G. Vasileiadis

### SCIENTIFIC PROGRAM

### Visiting Professor's Day 2025

Wednesday, December 3rd 2025

12:00 Tour of the Department

12:30 Rounds of patient rooms

13:30 Lecture

Spinal Cord Neuromodulation

Assoc. Professor Adrian Popescu (30')

# 7th Conference on Spinal Pain Rehabilitation: Intervention versus Surgery

## Thursday, December 4th 2025

08.30-09.00	REGISTRATION	
09.00-09.30	WELCOME	
09.30 -10.30	ROUND TABLE: Fundamentals of Spi Chair: A. Korompilias • Anatomy-Biomechanics • Pathophysiology-Preparation for procedure Discussion	D. Varvarousis
10.30-11.30	DEBATE: Pain due to lumbar spinal st Chair: P. Tzimas • Epidural injections • Decompression Discussion	A. Popescu I. Gelalis
11.30-12.30	DEBATE: Pain due to facet arthritis-degeneration of lumbosacral spine Chair: G. Alexiou • Facet-disc interventions • Fusion Discussion	E. Koshi A. Brodis
12.30-13.00	Coffee Break	
13.00-14.00	DEBATE: Pain due to osteoporotic fra of thoracolumbar spine Chair: M. Vekris  • Kyphoplasty  • Kyphosis corrective surgery Discussion	A. Ploumis P. Christodoulou
14.00-15.00	ROUND TABLE: Rehabilitation Chair: A. Beris • Postinterventional care • Postoperative care Discussion	G. Vasileiadis A. Kefalas

### **FACULTY**

- Alexiou Georgios, Associate Professor of Neurosurgery, Department of Neurosurgery, Faculty of Medicine, School of Health Sciences, University of Ioannina, Ioannina, Greece.
- Alexandros Beris, MD, Professor of Orthopaedics, University of Ioannina, Interbalkan Medical Center Thessaloniki, Hand Tauma and Microsurgery Center.
- Alexander Brodis, MD, MSc, PhD Neurosurgeon, Assistant Professor, Faculty of Medicine, School of Health Sciences, University of Thessaly, Volos, Greece, President of the Hellenic Spine Society.
- **Edvin Koshi**, Assistant Professor, Physiatrist, Department of Medicine, Dalhousie University, Halifax, Canada.
- Pavlos Christodoulou, Orthopaedic Surgeon, Consultant, 2nd Orthopaedic Department, 424 General Military Hospital, Thessaloniki, Greece.
- **loannis Gelalis**, Professor of Orthopaedics-Spinal Surgery, Department of Orthopaedics, Faculty of Medicine, School of Health Sciences, University of Ioannina, Ioannina, Greece.
- Athanasios Kefalas, Orthopaedic Surgeon, Scientific Associate Department of Physical Medicine and Rehabilitation, University Hospital of Ioannina
- Anastasios Korompilias, Professor of Orthopaedics, Department of Orthopaedics, Faculty of Medicine, School of Health Sciences, University of Ioannina, Ioannina, Greece.
- Hans J. Latta, Professor, Orthopaedic Surgeon, Orthopaedic Pain Clinic, Bayreuth, Germany.
- Adrian Popescu, Associate Professor, Physiatrist, Perelman School of Medicine, University of Pennsylvania, Philadelphia, USA.
- Avraam Ploumis, Orthopaedic Surgeon, Professor of PMR, Division of Surgery, Faculty of Medicine, School of Health Sciences, University of Ioannina, Ioannina, Greece.
- **Tzimas Petros**, Professor of Anaesthesiology, Faculty of Medicine, School of Health Sciences, University of Ioannina, Ioannina, Greece.
- Dimitrios Varvarousis, Orthopaedic Surgeon, Assistant Professor of Anatomy-Histology-Embryology Faculty of Medicine, School of Health Sciences, University of Ioannina, Ioannina, Greece.
- **Georgios Vasileiadis**, Physiatrist, Consultant, Department of Physical Medicine and Rehabilitation, University Hospital of Ioannina.
- Marios Vekris, Professor of Orthopaedics, Department of Orthopaedics, Faculty of Medicine, School of Health Sciences, University of Ioannina, Ioannina, Greece.

### GENERAL INFORMATION

### Venue:

Amphitheater, University Hospital of Ioannina.

### Dates:

Registration: Thursday, December 4, 2025 | 08:30–09:00

Scientific Program: Thursday, December 4, 2025 | 09:00–15:00

### Official Language:

The official language of the Conference is English.

### Accreditation:

The 7th Conference on Spinal Pain Rehabilitation: Interventions versus Surgery has been accredited with Continuing Medical Education (CME) Credits by the Panhellenic Medical Association, awarding 4 ECMECs.

### **Evaluation Questionnaire:**

All participants wishing to receive their Certificate of Attendance, will be requested to complete a relative Evaluation Form (electronic & anonymous) as feedback of their experience during the Seminar.

### Certificates of Attendance:

All registered participants are entitled to receive a Certificate of Attendance. The certificate of attendance will be provided to all registered participants upon completion of 60% of attendance.

### Presentation Guidelines:

Speakers must strictly adhere to their allotted time to ensure smooth program flow. All presentation materials (PowerPoint via USB/CD/DVD) must be submitted to the Technical Secretariat in the conference hall before the start of their session.

### NOTES

•••••••••••••••••••••••••••••••••••••••
••••••
•••••••••••
•••••







DEPARTMENT OF PHYSICAL MEDICINE
AND REHABILITATION
DIVISION OF SURGERY
UNIVERSITY OF IOANNINA MEDICAL SCHOOL