



UNIVERSITY OF IOANNINA
SCHOOL OF HEALTH SCIENCES
FACULTY OF MEDICINE



DIVISION OF SURGERY
DEPARTMENT OF PHYSICAL MEDICINE
AND REHABILITATION

7th Conference

on Spinal Pain Rehabilitation: Intervention versus Surgery

THURSDAY
December 4th 2025

AMPHITHEATER OF THE
UNIVERSITY HOSPITAL OF IOANNINA,
GREECE

& 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

S. Bekou

P. Fakitsa

A. Ferentinou

N. Georgakopoulos

J. Gkias

K. Kalogianni

Ch. Kampani

A. Kefalas

M. Koletti

D. Kosmas

I. Kostas

L. Maggou

K. Mitsiou

A. Mavrodontidis

A. Pakos

Ch. Papageorgiou

P. Papakostas

V. Pappa

V. Tsarkovista

A. Tseliga

P. Tsiggeli

A. Tsovilis

I. Tzellios

D. Varvarousis

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 Spinal Pain

Chair: A. Korompilias

- Anatomy-Biomechanics D. Varvarousis
- Pathophysiology-Preparation for procedure H. Latta

Discussion

10.30-11.30 DEBATE: Pain due to lumbar spinal stenosis

Chair: P. Tzimas

- Epidural injections A. Popescu
- Decompression I. Gelalis

Discussion

11.30-12.30 DEBATE: Pain due to facet arthritis-disc degeneration of lumbosacral spine

Chair: G. Alexiou

- Facet-disc interventions E. Koshi
- Fusion A. Brodis

Discussion

12.30-13.00 Coffee Break

13.00-14.00 DEBATE: Pain due to osteoporotic fractures of thoracolumbar spine

Chair: M. Vekris

- Kyphoplasty A. Ploumis
- Kyphosis corrective surgery P. Christodoulou

Discussion

14.00-15.00 ROUND TABLE: Rehabilitation

Chair: A. Beris

- Postinterventional care G. Vasileiadis
- Postoperative care A. Kefalas

Discussion

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.
- **Ioannis 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:

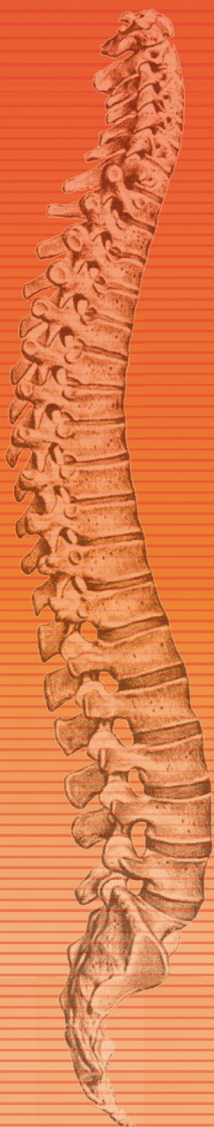
All registered participants are entitled to receive a Certificate of Attendance. The certificate of attendance will be provided to all registered participants upon completion of 60% of attendance.

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

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