

Pre-congress Workshop

Beyond the Scalpel: Redefining Peri/Post-Operative Pain Management

Objective

- Challenge traditional models of post-operative pain management.
- Integrate precision, multimodal, and biopsychosocial approaches.
- Explore innovations: digital health, biomarkers, AI, and patient-centric care.
- Build a blueprint for personalised pre and postoperative pain recovery pathways.





Provisional programme*

08:45-09:00 Welcome and introduction

09:00-09:45 Session 1: Rethinking the Physiology

"Surgical Trauma, Nociception, and Central Sensitisation"

09:50-10:35 Session 2: The Human Dimension

"Changing Mindsets to Enhance Surgical Outcomes"

10:35-11:00 Coffee & Networking

11:00-12:00 Session 3: Multimodal Pathways

"Movement as Medicine: Physiotherapy Across the Peri- and Post-Operative Pathway"

12:00-13:00 Session 4: Novel Frontiers

"Biomarkers, AI & Precision Pain Medicine"

13:00-14:00 Lunch Break

14:00-15:00 Session 5: Lifestyle & Recovery

"Nutrition, Sleep, and Lifestyle Hacks for Post-Operative Healing"

15:00-16:00 Session 6: Emerging Techniques and the Future of Post operative care

USS Shock Therapy & Integrative Approaches to Recovery

16:00-16:10 Closing Remarks

Tuesday, 28th April 2026

Start time: 08:45 End Time: 16:10

Registration fee: £150

Maximum delegates: 50

Address:

Victoria Room, The QEII Centre, Broad Sanctuary, Westminster, London SW1P 3EE

Course organiser:

> Karolina Afors

Register here

Delegates will be able to claim 7 CPD credits for attendance.

Who should attend?

- Surgeons
- Gynaecologists
- · Anaesthetists / Pain Specialists
- Trainees / Fellows
- Nurses, Physiotherapists & Allied Health Professionals
- · Digital health & pharma innovators



^{*} The programme is currently provisional and may be updated as planning progresses.