

ASM26

Annual Scientific Meeting

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**.

Programme

- 08:45-09:00** Welcome and introduction
- 09:00-09:30** **Session 1: Pain mechanisms**
Beyond the Lesion: Central Sensitisation, Fibromyalgia, and Persistent Pelvic Pain
- 09:30-10:00** **Neuropathic Pain After Surgery: The Clinician's Toolkit**
- 10:10-10:30** **Coffee & Networking**
- 10:30-11:00** **The Post-Op Gut: Pain, Motility, and Practical Fixes**
- 11:00-11:30** **Session 2: The Human Dimension**
Changing Mindsets to Enhance Surgical Outcomes
- 11:30-12:00** **Session 3: Multimodal Pathways**
Movement as Medicine: Physiotherapy Across the Peri- and Post-Operative Pathway
- 12:00-13:00** **The science of acupuncture and practical demonstration**
- 13:00-14:00** **Lunch Break**
- 14:00-14:30** **Session 4: Lifestyle & Recovery**
Nutrition, Sleep, and Lifestyle Hacks for Post-Operative Healing
- 15:00-15:50** **Session 5: New Frontiers**
Focused shock wave therapy novel applications in pelvic health

GLP-1's, Metabolic and Neuroimmune peptides in endometriosis and pelvic pain: Therapeutic promise of Hype?
- 15:50-16:00** **Closing Remarks**



BRITISH SOCIETY for GYNAECOLOGICAL ENDOSCOPY



**Tuesday, 28th
April 2026**

Start time: 08:45

End Time: 16:00

**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.

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Who should attend?

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

