



**Fundació
Docència i Recerca
MútuaTerrassa**

1st COURSE ON **CHRONIC PELVIC PAIN**

—
A CASE BASED
APPROACH

September
26th 2025
8:15h - 18:00h

Limited places



Edifici Docent
MútuaTerrassa
Sala MútuaTerrassa
C/ Sant Antoni, 39
08221 Terrassa

Course in Spanish. Some lectures will be in English without simultaneous translation



**Hospital Universitari
MútuaTerrassa**



UNIVERSITAT DE
BARCELONA

ENGLISH

1st

COURSE ON
**CHRONIC
PELVIC PAIN**

-
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Chronic pelvic pain can be a real nightmare, both for the patients who suffer from it and for the therapists who must treat it. We don't understand it well, it is complex, patients don't 'get better'. As a result, our management of this condition is not optimal and can be improved.

However, science is advancing, and we know more and more about pain and chronicity. We have a better understanding of the underlying mechanisms, of what is going on in the neural networks of our brains.

But we need to translate all this knowledge into useful actions in the clinic. That is why we have designed this case-based course. Through the management of real cases, we will learn and dare to face the challenge of treating patients with chronic pain. There will also be videos and panel discussions about how we do it in real life.

Through this program, participants will explore a multidisciplinary approach, gaining insights into pathophysiology, assessment methods, and evidenced-based treatments that can significantly improve patient outcomes. By combining case scenarios, practical strategies, and clinical discussions, the course aims to equip physicians with the tools needed to enhance patient care in the challenging area.

For this, we will have experts who are eager to share their knowledge and clinical experience. We are convinced that, after this course, you will feel more confident and will have more tools to achieve what we all want: that both patients and therapists leave the office more satisfied.

This course will provide valuable insights and tools to enhance patient care and improve outcomes for those suffering from chronic pelvic pain. It is also an excellent opportunity to engage with fellow professionals and share experiences in a collaborative environment.

We look forward to seeing you.

Directors: Oriol Porta, Núria Pérez and Jean Clavé



08:15h

OPENING AND WELCOME

SESSION 1. Case-based presentations

Chair: Georgia Romero and Francisco Nohales

08:30 h

INTRODUCTION TO CHRONIC PELVIC PAIN MECHANISMS

Oriol Porta. Gynecologist. Hospital Universitari MútuaTerrassa, Barcelona.

08:50 h

VULVODYNIA

Amélie Levesque. Algologist. CHU Nantes, France.

09:10 h

PUDENDAL NEURALGIA

Antoni Pessarrodona. Gynecologist. Hospital Universitari MútuaTerrassa, Barcelona.

09:30 h

ENDOMETRIOSIS

Lara Quintas. Gynecologist. ICGON, Hospital Clínic, Barcelona.

09:50 h

THE ROLE OF NUTRACEUTICALS IN THE MANAGEMENT OF CHRONIC PAIN

TBD

10:10 h

DISCUSSION

10:30 h

COFFEE BREAK

SESSION 2. Case-based presentations

Chair: Josep M Caballero and Maribel Valdivia

11:00 h

PAINFUL UTERUS SYNDROME

Eric Bautrant. Gynecologist. Convergences PP, París, France.

11:20 h

PELVIC CONGESTION SYNDROME

Victor González. Vascular Surgeon. Hospital Universitari MútuaTerrassa, Barcelona.

Anna Alguersuari. Interventional Radiologist. Hospital Universitari MútuaTerrassa, Barcelona.

11:40 h

BLADDER PAINFUL SYNDROME

Mauro Cervigni. Urologist. President of International Society for the Study of Bladder Pain Syndrome (ESSIC), Rome.

12:00 h

INTRAVESICAL INSTILLATIONS OF HYALURONIC ACID IN PATIENTS WITH BLADDER PAIN SYNDROME

(Included video demonstration of the procedure)

Clara Centeno. Urologist, Consorci Corporació Sanitària Parc Taulí, Sabadell



Chair: Ana Borobia and Maribel Valdivia

12:20 h

MYOFASCIAL PAIN

Núria Pérez. Rehabilitation Doctor. Hospital Universitari MútuaTerrassa, Barcelona.

12:40 h

COCCIGODYNIA

Isabel Montes. Rehabilitation Doctor. Hospital Universitario Gran Canaria Dr. Negrín, Las Palmas de Gran Canaria.

13:00 h

DISCUSSION

13:30 h

LUNCH

SESSION 3. Burden and management of CPP

Chair: Núria Pérez and Oriol Porta

14:30 h

PAIN AND SEXUAL DYSFUNCTION

Raquel Tulleuda. Gynecologist and Sexologist. Hospital Universitari MútuaTerrassa, Barcelona.

15:00 h

USUAL MISTAKES IN THE MANAGEMENT OF CPP. WHAT CAN WE DO BETTER?

Georgine Lamvu. Gynecologic Surgeon and Pelvic Pain Specialist. Chair of the Board for the International Pelvic Pain Society (IPPS), Florida, USA.

15:30 h

UPDATE ON PAIN NEUROSCIENCE RESEARCH: WHERE ARE WE GOING?

Sawsan As-Sanie. Associate professor, University of Michigan, Director of the Endometriosis and Chronic Pelvic Pain Programme. IPPS, Michigan, USA.

16:00 h

CHRONIC PAIN FROM THE PATIENT PERSPECTIVE

Discussion based on patients experiences.

SESSION 4. Case-based video presentations

Chair: Jean Clavé and Francisco Duca.

16:30 h

INFILTRATION AND BLOCKS TECHNIQUES

Jean Clavé. Anesthesiologist. Hospital Universitari MútuaTerrassa, Barcelona.

- Pudendal block guided by ultrasound – posterior approach.
- Pudendal block guided by ultrasound – trans perineal approach.
- Ultrasound-guided infiltration of the sacrococcygeal joint and the ganglion impar.



17:00 h

BOTULINUM TOXIN INJECTIONS

Núria Pérez and Oriol Porta.

- Office-based procedure
- Ultrasound-guided infiltration of Levator. Ani muscles

17:20 h

SACRAL NEUROMODULATION

Carlota Cuenca. General Surgeon. Hospital Universitari MútuaTerrassa, Barcelona.

17:40 h

PHYSIOTHERAPY TREATMENT

Susana Ibañez. Physiotherapist. Hospital Universitari MútuaTerrassa, Barcelona.

18:00 h

WRAP UP AND CLOSING

- A dossier of basic and advanced theory will be provided to attendees beforehand to facilitate learning.
- Language: Spanish and English



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REGISTRATION and TECHNICAL SECRETARIAT

Limited places

Sra. Andrea Ortuño
Tel. +34 934 161 220
E-mail: pelvicpain@bocentium.com
Web: <https://pelvicpain.bocentium.com>

bocentium
congresses | events | meetings

Prices:

Members: **100€**
(Convergences PP - IPPS)

Non-members: **150€**

Activity pending accreditation by the *Consell Català de Formació Continuada de les Professions Sanitàries* and the *Comisión de Formación Continuada del Sistema Nacional de Salud*.

Under the auspices of:



Laboratorys:

