

## Program

Registration and coffee starts at 08.30 am and ends at 08.55. A summary of the symposium will end the day at 05.30 pm.

Price of this symposium has been reduced with DKK 400,00 due to the 10-year anniversary of the Danish Society for Pain and Physiotherapy (SMOF).

Coffee, tea and lunch (sandwich) is provided, and the new Danish Pain Ale will be introduced by the end of the symposium to celebrate the anniversary.

| Topics and titles of the talks               | Speaker            |
|--|--------------------|
| The role of inactivity on health             | Prof Klarlund      |
| The role of inactivity on pain               | Prof Bement        |
| Pain and physical activity                   | Ass.prof. Vagter   |
| Can exercise cure or chronic pain? (Debate)  | Dr. Hoegh          |
| GLAD-back project                            | Prof Hartvigsen    |
| Education to promote activity in adolescents | Ass.Prof. Rathleff |
| Exercise, overactivity and chronic pain?     | Dr. Andrews        |
| Altæderens råd om gode vaner                 | Niels Honoré       |

## How to get here

### Getting to Aarhus

The closest airport is Aarhus (AAR). Billund and Aalborg are within 90 min distance by car. Copenhagen (CPH) is 3 hours away by train or car.

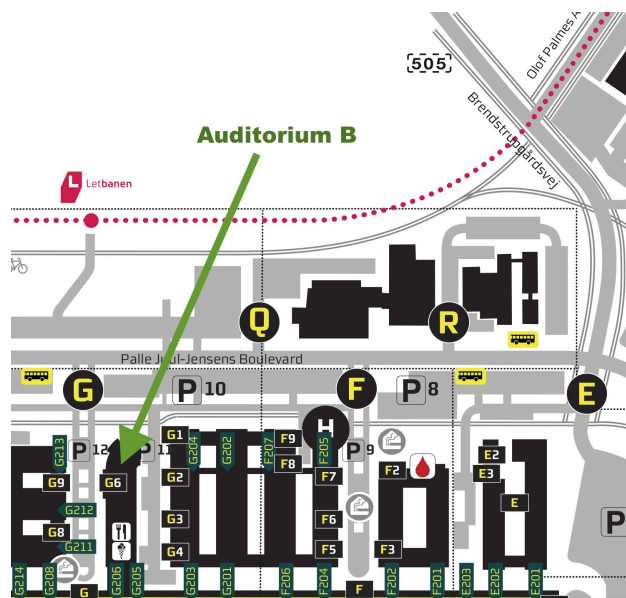
Trains to/from Aarhus from Copenhagen and Aalborg depart hourly and there are budget-bus companies providing easy transport from Copenhagen to Aarhus several times a day.

From Aarhus C you can get to the venue via overground (Letbane L2) or bus (2A).

Learn more about "City of Smiles" at <https://www.visitaarhus.dk/>

### Finding the venue

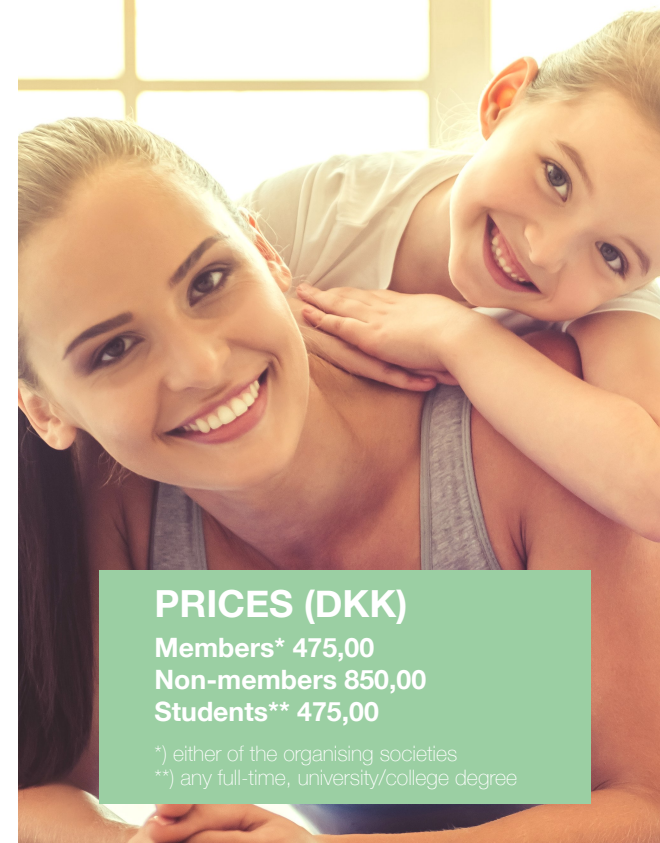
Aarhus Universitetshospital,  
Palle Juul-Jensen Boulevard 99,  
8200 Aarhus N (Skejby)  
**Auditorium B – indgang G6**



Moving (on) with Pain 2019

# A LIFE inACTIVITY

**November 29th 2019 | Aarhus (DK)**



DANISH SOCIETY  
FOR  
PAIN &  
PHYSIOTHERAPY



## Who is

### **Prof Bente Klarlund (DK)**

Professor of Integrative Medicine and a specialist in the role of exercise on health. She is the Director of Centre for Physical Activity Research (CFAS). Prof Klarlund is a highly esteemed public speaker and health advocate.



### **Dr Nicole Andrews (AUS)**

From Queensland where she is focussing her research on activity engagement and the role of boom-bust behavior as a barrier to an active lifestyle.



### **Prof Marie Bement (US)**

Current research focus is on the mechanisms and management of pain with an emphasis on non-pharmacological management such as exercise-induced analgesia.



### **Dr Michael Rathleff (DK)**

A clinical pain researcher with a focus on pain in children and adolescent populations. A prolific supporter of new treatment strategies including education as an intervention against pain.



### **Prof Jan Hartvigsen (DK)**

The chiropractor-epidemiologist from University of Southern Denmark is ranked as the world's leading researcher in musculoskeletal pain by Expertscape.



### **Dr Morten Hoegh (DK)**

Pain educator with a PhD in basic pain science, MSc in Pain and extensive clinical experience with complex pain conditions. [LinkedIn profile](#)



### **Dr Henrik Bjarke Vagter (DK)**

Focuses exercise-induced hypoalgesia in humans and has a PhD in Pain Neuroscience and an MSc in Pain Management.



### **Niels Honoré (DK)**

“Sundhedsvæsenet mangler penge og humor, penge kommer der ikke mere af, så lad os arbejde mere med humoren”, siger Niels, som også er skaberen af Altæderens univers.



## Welcome to MOWP19

2019 is the 10-year anniversary for the Danish Society for Pain and Physiotherapy and we are celebrating with our first internationally endorsed symposium; this year the symposium is endorsed by the European Pain Federation and organised in collaboration with the Danish Pain Society.

## What to expect

Our symposia focus on bringing evidence from basic and clinical science on pain and neuroscience to clinicians who work with patients in pain. The 'Moving (on) with Pain' symposium provides opportunities for clinicians to learn from World-leading researchers and to discuss the relevance and implications of research findings for clinical practice. Also, the symposium is a way for scientists to understand the clinic and the questions driving clinicians towards more evidence-based practice.

Participants come from all professions and is open to the public. All talks are moderated and speakers are asked to relate their findings to the clinic and to discuss limitations of their results.

This year participants can expect to gain an understanding of how activity and inactivity can relate to prevention and management of pain as well general health. The second half of the symposium focuses is on how to implement physical activity into clinical practice and what to pay attention to when implementing physical activity into management of pain and health.