



38th FJMS World Congress
of Sports Medicine
DUBAI
2024

Exercise Therapy in the Paradigm Shift from a Tissue- And Disease-Based Pain Management Approach Towards Multimodal Lifestyle Interventions for Musculoskeletal



DAY 3

October 26, 2024



14:50 - 15:50

HRS UAE Time

Chairperson: Jo Nijs, Belgium

- | | |
|---------------|--|
| 14:50 - 15:05 | To exercise or not to exercise patients with musculoskeletal pain, is that the question? |
| 15:05 - 15:20 | How to exercise patients with musculoskeletal pain: individual tailoring of activities that are avoided versus persisted |
| 15:20 - 15:35 | Overweight, insomnia and stress intolerance as comorbidities and barriers for exercise therapy in patients with musculoskeletal pain |
| 15:35 - 15:50 | A paradigm shift from a tissue- and disease-based pain management approach towards multimodal lifestyle interventions for musculoskeletal pain |