



38<sup>th</sup> FIMS 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

**Workshop Facilitator: Jo Nijs, Belgium**

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|---------------|--|
| 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 |