



**42<sup>nd</sup> ESRA  
ANNUAL CONGRESS**  
Spreading Knowledge, Transforming Care  
10-13 SEPTEMBER 2025  
OSLO, NORWAY



## WS PAIN DEMONSTRATORS



Dear Workshop - Demonstrators

First of all, we would like to thank you for your willingness to take part in a cadaver workshop at the 42<sup>nd</sup> ESRA Annual Congress on Regional Anaesthesia and Pain Medicine.

Here you can find some helpful information for the upcoming Cadaver Workshops in Oslo.

**A BUS SHUTTLE SERVICE WILL BE PROVIDED FROM/TO NOVA SPEKTUM** for travelling to the workshop. Please see the schedule at the end of the document.

The WS needs to start on time, even if not all participants or faculty members show up on time. The workshop leaders and demonstrators should familiarize themselves with the cadavers and the ultrasound machines prior to start of the WS if time allows.

The groups are often mixed in terms of previous scanning / needling experience. Participants will be allocated to the groups by Vivien and use colored wristbands.

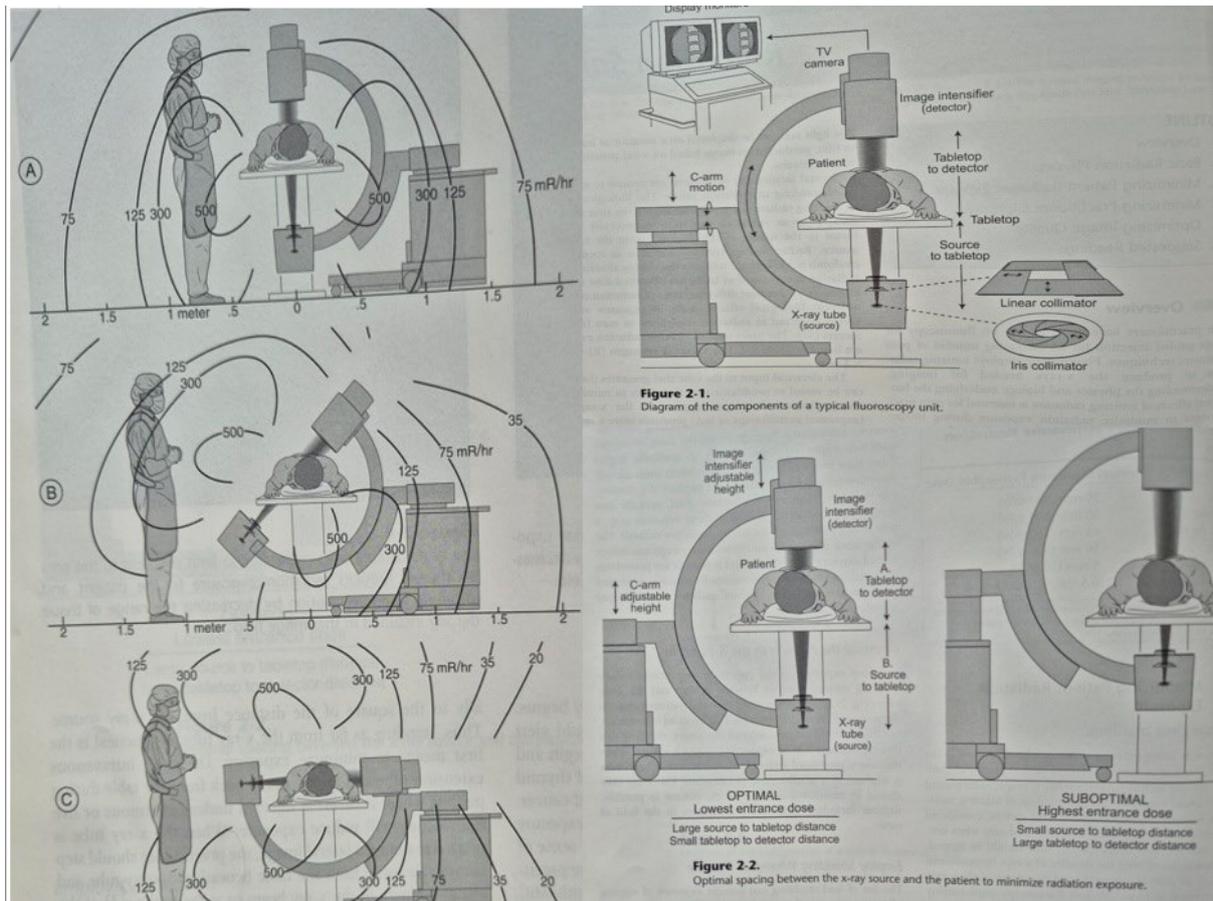
Each workshop lasts 3 hours in total time. Rotation every 25 min through 6 stations allows for coffee break with duration of approximately 20 min after 3<sup>rd</sup> rotation. There will be maximum 6 participants per group.

There will only be soft embalmed whole-body cadavers, with one demonstrator per station suitable for scanning and injecting small amount of fluid. Ultrasound machine will be available at all stations and one C-arm for the fluoroscopy station.

**RADIATION SAFTY** (if applicable)

Please make short introduction about radiation safety

1. Everyone within 2 m distance should wear radiation protection: lead gown and collar
2. Clear signs of radiation risk will be displayed
3. Ensure delegates do not put unprotected body areas (hands) in the beam during scanning
4. Reassure the radiation risk during single shot exposure carry minimal risk
5. Apply ALARA acronym (As Low As Reasonably Achievable) as during routine hospital activity
6. Attached picture of optimised C- arm positioning





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## **YOUR JOB**

You will be contacted by the chair of your workshop. Send her/him your **cell phone number** you will be using during the congress. You will also get her/his cell phone number in the case there are any problems. Likewise, the ESRA Event Manager – Vivien is also available in **case of any logistic difficulties or being late contact Vivien directly via her mobile: + 49 15161054370**

In the case you do not get a message from the workshop chair, contact her/him yourself to be sure you can exchange your phone numbers.

Your topic allocations were sent to you with the congress invitation. Prepare a session of 25 minutes (time for each rotation) keeping in mind that this is a **clinical** workshop (see below). *Please check the topic of your workshop and the planned positioning of the cadavers. If you would like the cadavers to be positioned differently at the station, please contact the WS Leader in advance so that the cadavers do not have to be moved on the day of the course.*

Be at the workshop at least 15 minutes before the start.

Check your cadaver, US machines, material.

After the introduction by the chair, you will take the first group to your workstation and start.

Give a short introduction and demonstration about the topic.

**However, this is a hands-on workshop: delegates have to scan themselves!**

The topic has been selected based on clinical scenarios most common in chronic pain management

**Keep a clinical approach, relate to cases, scenarios, pathologies based on anatomy!**

If you have a «*beginners*» workshop, adapt your demonstrations to basics of the assigned block and let the delegates scan themselves. If you have an «*advanced*» group, then move quick from the basics to more specific details (different approaches, interesting anatomy, possible complications etc).

**The success of the Chronic Pain Workshop lies in your skilled hands!**



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### Workshop Address?

**Domus Medica**  
Sognsvannsveien 9  
0372 Oslo, Norway

Use **Entrance C**

### How to go there:

**A SHUTTLE SERVICE WILL BE PROVIDED FROM/TO THE NOVA SPEKTRUM**

#### Meeting point at NOVA:

in front of the THON HOTEL ARENA – Nesgata 1, 2004 Lillestrøm, Norway

#### Meeting point Cadaver Lab:

Domus Medica-Gaustad - Sognsvannsveien 9 - 0372 Oslo

### BUS SHUTTLE SCHEUDLE

<b>NEW SCHEDULE!</b>	<b>WEDNESDAY 10</b>	<b>THURSDAY 11</b>	<b>FRIDAY 12</b>
<b>ROUTE</b>			
<b>NOVA SPEKTRUM -&gt; IMB-CADAVER LAB</b>	<b>07:00</b>	<b>07:00</b>	<b>07:00</b>
<b>NOVA SPEKTRUM -&gt; IMB-CADAVER LAB</b>	<b>10:15</b>	<b>10:15</b>	<b>10:15</b>
<b>IMB-CADAVER LAB -&gt; NOVA SPEKTRUM</b>	<b>11:15</b>	<b>11:15</b>	<b>11:15</b>
<b>NOVA SPEKTRUM -&gt; IMB-CADAVER LAB</b>	<b>14:00</b>	<b>14:00</b>	<b>14:00</b>
<b>IMB-CADAVER LAB -&gt; NOVA SPEKTRUM</b>	<b>14:45</b>	<b>14:45</b>	<b>14:45</b>
<b>IMB-CADAVER LAB -&gt; NOVA SPEKTRUM</b>	<b>18:15</b>	<b>18:15</b>	<b>X</b>



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Your help is greatly appreciated!

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Sincerely,

Andrzej Krol

David Lorenzana

Chairs ESRA Pain Workshop

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ESRA Events Manager: Vivien Penning- Titze: +49 15161054370

## OVERVIEW PAIN WORKSHOPS

### Workshop Thursday 11<sup>th</sup> September, 15:00 -18:00

Workstation 1. Knee Osteoarthritis - Genicular Nerves Radiofrequency Ablation. Thomas HAAG (United Kingdom) Cadaver Supine

Workstation 2. Abdomen. Abdominal wall Neuropathy after Surgery: Ilioinguinal, Iliohypogastric, Genitofemoral Nerve Block. Management of Meralgia Parasthetica: Lateral Femoral Cutaneous Nerve Block. Humberto Costa REBELO (Portugal) Cadaver Supine

Workstation 3. Hip Osteoarthritis. Intraarticular Injections and Periarticular Nerves Blocks: Femoral, Obturator, AON, Matthias HERTELEER (France) Cadaver Supine

Workstation 4. Chest and Thorax. Post-Thoracotomy Pain incl Cryotherapy: Intercostal Nerve Block. Thoracic Spine Pain - Medial Branch, Facet Joint and Costovertebral Joint Injections. Paravertebral Block - Thoracolumbar Fascia Plane Blocks. Igor FILIPOVSKI (Denmark) Cadaver Supine

Workstation 5. Cadavers for Fluoroscopy and Ultrasound - Lumbar Spine. Selective Nerve Root: Transforaminal Injection - Lumbar Spine Pain: Lumbar Medial Branch and Facet Joint Injections. Gaurav CHHABRA (United Kingdom), Maurizio MARCHESINI (Italy) Cadaver Prone

Workstation 6. Pudendal Neuropathy & Gluteal Pain Syndrome (GPS) Sacroiliac Joint Injection - Caudal Epidural Injections. Urs EICHENBERGER (Switzerland) Cadaver Prone



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**Workshop, Friday, 12<sup>th</sup> September, 11:30 – 14:30**

WS Leader: Ovidiu PALEA (Romania)

Workstation 1. Cryoanalgesia: Sacroiliac Joint Fluoroscopy and Ultrasound guided. Igor FILIPOVSKI (Denmark)

Workstation 2. Stellate Ganglion Block (Cervical Sympathetic Block) Cervical Nerve Roots & Cervical Plexus Block - Supine/Lateral position. Humberto Costa REBELO (Portugal)

Workstation 3. Cervical Medial Branch Blocks (Lateral). Esperanza ORTIGOSA (Spain)

Workstation 4. Occipital Nerves (GON, TON, LON), (Prone/Lateral). Urs EICHENBERGER (Switzerland)

Workshop 5 Cranial nerves & distal branches (Supine). Manfred GREHER (Austria)

Workstation 6. Shoulder Joint Denervation, Suprascapular nerve, Lateral pectoralis, Axillary, (Lateral/ Prone). Raja REDDY (United Kingdom)