

PAIN: FROM RESEARCH TO CLINICAL PRACTICE SEMINAR



Dr. Jessica
Van Oosterwijck



Dr. Mira
Meeus

📅 June 10, 2023

🕒 9:00 AM–5:00 PM

📍 Hadat–Baabda Campus, Building A,
Father Antoine Rajeh Hall

*Abstract submissions are open for all fields related
to pain research from all universities in Lebanon.*

Register Now



Description of the Seminar

The Department of Physical Therapy (DPT) at Antonine University (UA), in partnership with the Lebanese Order of Physiotherapists (LOPT), has the pleasure to invite you to a one-day seminar on **Pain: From Research to Clinical Practice**, organized on UA's Hadat–Baabda Campus to raise awareness on the relevance of pain research.

The seminar will feature keynote speakers and visiting lecturers, namely Dr. Jessica Van Oosterwijck and Dr. Mira Meeus from Ghent University (UGent) and University of Antwerp (UAntwerp), Belgium. Oral presentations and workshops within the program will focus on the research and clinical field of pain science, as the seminar aims to inspire researchers and clinicians on the subject of pain through several keynote lectures, meet-the-expert sessions, and poster presentations.

Organization

Date	Saturday, June 10, 2023
Time	9:00 AM–5:00 PM
Location	Antonine University (UA), Hadat–Baabda Campus, Building A, Father Antoine Rajeh Hall
Organizer	The Department of Physical Therapy (DPT) at Antonine University – Lebanon
Partner of this Seminar	Lebanese Order of Physiotherapists (LOPT)
Organizing Committee	Elie Akoury directeur.physiotherapie@ua.edu.lb Charbel Najem charbel.najem@ua.edu.lb Cynthia Saba cynthia.saba@ua.edu.lb

Program

Opening Ceremony

9:00–9:30 AM	Registration
9:30–9:50 AM	Welcome Notes Dr. Elie Akoury, Head of UA's Department of Physical Therapy Dr. Saydeh Sassine, President of the Lebanese Order of Physiotherapists (LOPT)

First Panel

9:50–10:10 AM	Dysfunctional Endogenous Pain Modulation During Exercise in Chronic Musculoskeletal Pain Dr. Jessica Van Oosterwijck, Professor in Chronic Disorders and Pain at UGent's Department of Rehabilitation Sciences and Physiotherapy
10:10–10:30 AM	Know Pain, Know Gain: The True Pain Mechanism Behind Manual Therapy-induced Analgesia Mr. Mikel Al Achek, DPT Candidate at Saint-Joseph University of Beirut (USJ)
10:30–10:50 AM	My Life Is Torture: The Lived Experience of Chronic Low Back Pain in Lebanon (Results From 2 Qualitative Studies) Dr. Charbel Najem, PhD Researcher and Assistant Professor at UA's Department of Physical Therapy
10:50–11:10 AM	Questions and Answers Session
11:10–11:30 AM	Coffee Break

Second Panel

- 11:30–11:50 AM** **Implication of Exercise-induced Pain Modulation for Chronic Pain Rehabilitation | Pain During Exercise: Friend or Foe?**
Dr. Mira Meeus, Professor at UGent's and UAntwerp's Departments of Rehabilitation Sciences and Physiotherapy
- 11:50 AM–12:10 PM** **Motivational Interviewing as an Effective Communication Tool in Pain Management**
Dr. Veronica Kassis, Assistant Professor at UA's Department of Physical Therapy
- 12:10–12:30 PM** **A Baseline Study of Injuries and Recurring Injury Cases in Lebanese Female Football Teams**
Dr. Majed Moubarak, Chairperson of the Department of Motricity Education and Adapted Physical Activities at UA
- 12:30–12:45 PM** **Questions and Answers Session**
- 12:45–1:00 PM** **Voting**
- 1:00–2:15 PM** **Lunch**
- 2:15–3:30 PM** **Meet-the-Expert Sessions**
- **Application and Interpretation of Static and Dynamic Quantitative Sensory Testing (QST)**
Dr. Jessica Van Oosterwijck
 - **Critical Appraised Topics on Pain Rehabilitation: Critical Reflection on Different Study Designs**
Dr. Mira Meeus
- 3:30–4:45 PM** **Hands-on Workshop: Ultrasound-guided Dry Needling for Pain Management**
Dr. Elie El-Dahdah, Pain Management Specialist
- 4:45–5:00 PM** **Closing Ceremony**
- 5:00 PM** **Awards Ceremony**

Speakers' Biographies

Jessica Van Oosterwijck

Dr. Jessica Van Oosterwijck is an associate professor in the field of chronic disorders and pain at Ghent University (UGent) in Belgium. She earned her PhD in Rehabilitation Sciences and Physiotherapy from the Vrije Universiteit Brussel (VUB) in Belgium with a dissertation on chronic pain and central sensitization. She completed her Master of Science in Physiotherapy from the University College Antwerp (UAntwerp) in Belgium.

Moreover, Dr. Van Oosterwijck is a founding member of the [Pain in Motion](#) international research group. She is also a co-leader of the Academy for Rehabilitation Sciences (ACREHAB), an institute for continued education, and the Center for Interprofessional Collaboration in Education Research and Practice (IPC-ERP UGent).

She conducts her research activities at UGent's Department of Rehabilitation Sciences and Physiotherapy, where she is a member of the Spine, Head, and Pain Research Unit Ghent. Her main research interests are in the mechanisms of pain and fatigue in the central nervous system, exercise pathophysiology, pain-motor interactions, pain-stress interactions, and rehabilitation in healthy individuals and chronic pain populations such as those with chronic fatigue syndrome, fibromyalgia, chronic whiplash-associated disorders, chronic and recurrent low back pain, osteoarthritis, and chronic obstructive pulmonary disease. Her expertise extends to different research methodologies to evaluate pain, psychological factors, physical activity levels, exercise capacity, muscle and brain structure, and autonomic function.

At the age of 39, she has a total grant income of over 4.5 million euros and has (co-)authored over 75 publications in international peer-reviewed journals. Her work has been cited 2877 times in the scientific literature (ISI Web of Knowledge), and she has an h-index of 27. She is experienced in training PhD students in the field of pain as well as teaching courses for rehabilitation sciences bachelor's and master's programs.

Mira Meeus

Dr. Mira Meeus holds a PhD in Rehabilitation Science and Physiotherapy. She is a full-time professor at the Departments of Rehabilitation Sciences and Physiotherapy at the University of Antwerp (UAntwerp) and Ghent University (UGent) in Belgium. She is also a visiting professor at the Berekuyil Academy's European College for Oncology and Lymphology in Harderwijk, the Netherlands. She is a co-founder of the [Pain in Motion](#) international research group, a research group that focuses on pain and body movement, and a co-founder of the [CarEdOn](#) research group, which aims to improve care in edema and oncology.

She is internationally recognized for her expertise in chronic pain and central sensitization. She has published widely on the topic of chronic pain and rehabilitation, with more than 230 A1 articles and an h-index of 52.

In 2012, Dr. Meeus was awarded the *Early Research Career Award* from the International Association for Pain (IASP), the largest international association studying pain. And in 2019, she was granted the *Flemish Scientific Award for Biomedical Sciences* from the Royal Flemish Academy of Belgium for Science and the Arts for her work on chronic pain management.

Mikel Al Achek

Mr. Mikel Al Achek is a clinical physical therapist who treats patients with musculoskeletal pain and disorders ranging from acute to chronic conditions, relying on a biopsychosocial approach and using different techniques such as pain neuroscience education, cognitive functional therapy, and manual therapy.

In addition to holding a certificate in sports psychology from the Barça Universitas, Mr. Al Achek is presently enrolled in a physical therapy doctoral program.

In December 2022, a study he co-authored titled "The Effect of Praying on Endogenous Pain Modulation and Pain Intensity in Healthy Religious Individuals in Lebanon: A Randomized Controlled Trial" was published in the Journal of Religion and Health.

Charbel Najem

Dr. Charbel Najem is a clinical assistant professor at Antonine University (UA) in Lebanon. He earned his clinical doctorate from Saint-Joseph University of Beirut (USJ) in 2019 after receiving his Master of Science in Physiotherapy from the Catholic University of Leuven (KU Leuven) in 2004. He is currently completing his PhD at the Department of Rehabilitation Sciences and Physiotherapy at Ghent University (UGent) in Belgium. His primary research topics are cultural beliefs about chronic pain and the cultural adaptation of materials for Pain Neuroscience Education. Dr. Najem is also the founder of Rehabzone, a pain rehabilitation facility for athletic injuries and chronic pain.

Elie El-Dahdah

Dr. Elie El-Dahdah is a Doctor of Physiotherapy who delivers academic value through university tutoring. He is a specialist in pain management, sports injury prevention, musculoskeletal ultrasound, and intervention therapy. He is a pain clinician at Houston American Medical Center in Qatar and holds a Master's Degree in Hypnotherapy and Psychosomatic Pain Management.

Dr. El-Dahdah is the CEO of E-Touch, a medical company for pain treatment and medical education in Lebanon and the United Arab Emirates (UAE), and a member of the National Association for Intra-articular Treatment. He is also a speaker for an average of 4 to 6 international conferences per year.

Majed Moubarak

Dr. Majed Moubarak is a physiologist who holds a Doctorate in Physiology and Health from the University of Poitiers in France. He has taught in France and Lebanon at the undergraduate and graduate levels across majors including biomedical engineering, sports sciences, and paramedical sciences. His areas of research interest are health and physical activities, with a special focus on exercise physiology.

Dr. Moubarak is the author of several publications in indexed journals. He has also delivered a number of academic presentations at international scientific conferences and served as a medical writing trainer for a regional clinical research firm catering to a multinational audience. Along with his research and teaching responsibilities, he currently serves as the Chairperson of the Department of Motricity Education and Adapted Physical Activities at the Antonine University (UA) Faculty of Sport Sciences (FSS).

Veronica El Kassis

Dr. Veronica El Kassis obtained her Bachelor of Science in Physical Therapy from Antonine University (UA) in 2014 and her Doctorate from Saint-Joseph University of Beirut (USJ) in 2017. She also holds a personal trainer certification from the American College of Sports Medicine (ACSM). Interested in motivating and helping people to unleash their potential, grow, and alter their perspective of the world, she has participated in numerous training sessions in leadership, self-development, and life coaching.

Dr. Kassis is presently an assistant professor, clinical coordinator, and research guarantor at UA's Hadat–Baabda Campus.