

Pre-conference course 1: Pain Science Education – a versatile intervention	
8:30-9:00	Registration
9:00-10:30	Introduction to Pain Science Education (PSE) (Neuro)physiology of pain: background knowledge to provide PSE – part 1
10:30-11:00	Coffee break ☕
11:00-12:30	(Neuro)physiology of pain: background knowledge to provide PSE – part 2
12:30-13:30	Lunch 🍴
13:30-15:00	PSE for chronic musculoskeletal pain: practical application and common barriers Perioperative PSE – part 1
15:00-15:30	Coffee break ☕
15:30-17:00	Perioperative PSE – part 2 PSE in cancer patients and survivors

Pre-conference course 2: Beyond Pain – Physical Activity, Intensity & Recovery in Chronic Pain	
8:30-9:00	Registration
9:00-10:30	Introduction General effects, facilitators, and barriers of physical activity High Intensity Interval Training (HIIT)
10:30-11:00	Coffee break ☕
11:00-12:30	HIIT in low back pain HRV & autonomic responses
12:30-13:30	Lunch 🍴
13:30-15:00	Physiology & inflammation Activity management after (breast)cancer related pain using behavior change techniques – part 1
15:00-15:30	Coffee break ☕
15:30-17:00	Activity management after (breast)cancer related pain using behavior change techniques – part 2 Take home-messages