

# OAFI

# congress

**22ND AND 23RD OCTOBER**  
MGS AUDITORIUM, BARCELONA



**Free registration**

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**#OAFICONGRESS25**

**The power of patients**

**Preliminary programme**

With the scientific endorsement:



**2025**

#OAFICONGRESS25



**Scientific coordination**

Josep Vergés, President & CEO of OAFI Foundation

**Location**

MGS Auditorium

C. Entença, 335

08029 Barcelona (Spain)

**Language**

Spanish and English (simultaneous translation) 

**Timing**

CET

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**AGENDA 22.10**

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**AGENDA 23.10**

# Wednesday 22nd October

09:00h

## Opening

Welcome to #OAFICongress25!

09:35h

## The Strength of Patients with osteoarticular problems

The fundamental role of patients in research and improvement of treatments.

10:10h

## EMA, patients and consumers

The EMA involves patients in numerous activities to ensure the safety and efficacy of medicines.

10:45h

## Research projects in Europe

Presentation of the main European initiatives in osteoarthritis.

11:20h

## Break & Stand Area

11:50h

## Update on the regulatory framework

Update on the regulatory framework for regenerative therapies.

12:25h

## Artificial Intelligence and Clinical Trials

How AI is transforming medical research to improve clinical trials and treatments.

13:00h

## Practical Workshop

Tai Chi for all ages: discover the benefits of movement for joint health.

13:35h

## Lunch Break



#OAFICongress25





## Wednesday 22nd October

15:00h

### Stories that Inspire

Testimonies from OAFI: overcoming, learning and hope in the fight against osteoarthritis.

15:35h

### Pain Relief with Topical Treatments

Effective options for osteoarthritis of the knee: benefits and applications of locally acting treatments.

16:10h

### Innovation in the Treatment of Osteoarthritis

Autologous cartilage micrograft: Pain reduction and mobility recovery with advanced therapies.

16:45h

### Break & Stands Area

17:05h

### Therapeutic gloves for pain control

Multimodal therapy to relieve hand pain and improve functionality.

17:40h

### Regenerative Medicine: Advances and Future

Discover the latest developments in regenerative therapies for joint diseases.

18:15h

### Closing of Day 1



# Thursday 23rd October

09:00h

## OAFI. Innovation and social projects

Activities carried out by the OAFI Foundation in research and patients

09:35h

## Practical Workshop

Balance and postural control: exercises to improve stability and reduce the risk of falls.

10:10h

## Weight and Joint Health

Weight management to protect joints: effective strategies to reduce joint loading and improve the prognosis of osteoarthritis.

10:45h

## Health, Economics and the Role of the Patient

Putting patients first: a comprehensive approach to improve quality of life and optimise resources in joint health.

11:20h

## Break & Stands Area

11:50h

## Natural Joint Improvement

Non-pharmacological therapies for pain relief: evidence-based strategies to complement treatment.

12:25h

## Active Ageing and Wellbeing

How new health programmes elevate the lives of older people: Promoting longevity with quality.

13:00h

## Avoid falls in the bathroom

Discover the services to adapt your bathroom and improve your wellbeing.

13:35h

## Lunch Break



# Thursday 23rd October

15:00h

## Therapies for Delaying Prostheses

Advanced options to avoid knee and hip surgeries: innovative treatments to improve functionality and reduce pain.

15:35h

## Multidisciplinary Consensus for the approach to osteopenia

Multidisciplinary Delphi study to evaluate the agreement for the approach to osteopenia and the prevention of fragility fractures.

16:10h

## Taking Control of your Bones

Management of osteoporosis and prevention of second fractures: key strategies to strengthen the skeletal system.

16:45h

## Break & Stands Area

17:05h

## Optimised Bone Health

Vitamin D and calcium: keys to the prevention and management of osteoporosis.

17:40h

## Therapeutic Resonance Imaging and Pain Management

A path to functional restoration: exploring new technologies to improve mobility and reduce pain.

18:15h

## Closing of #OAFICongress25 and final picture



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Endorsed by  
Ethical MedTech  
Europe



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