

# 3<sup>rd</sup> HANDS-ON COURSE ON THE MANAGEMENT OF ABDOMINAL DISTENSION

**22-23** May 2026

**BARCELONA. SPAIN**  
HOTEL GALLERY BARCELONA

**PROGRAM**

Endorsed by:



**ASENEM**  
ASOCIACIÓN ESPAÑOLA DE  
NEUROGASTROENTEROLOGÍA  
Y MOTILIDAD



**SEPD**

SOCIEDAD  
ESPAÑOLA  
DE PATOLOGÍA  
DIGESTIVA

REGISTRATION: <https://metodobarcelona.bocementium.com>



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Driven by the successful experience and encouraging feedback of the first and second editions, we are pleased to announce the **THIRD HANDS-ON COURSE ON THE MANAGEMENT OF ABDOMINAL DISTENSION**, which will take place in Barcelona, May 22-23, 2026.

In the gastroenterological clinical practice, abdominal distention is a common cause of consultation, as a somatic manifestation of disorders of gut-brain interaction. Research indicates that visible abdominal distension in these patients, results from a dysfunction of the normal thoraco-abdominal muscular coordination. Specifically, a diaphragmatic push (increased tone and descent of the diaphragm), coupled with reduced tone and protrusion of the anterior abdominal wall, results in visible abdominal distension. This mechanism is termed abdominophrenic dyssynergia.

Placebo-controlled studies have shown that biofeedback techniques, using either electromyography or inductance plethysmography, are effective in reducing abdominal distension in these patients. However, due to the complexity of these techniques, their availability is restricted to a minority of privileged patients in specialized laboratories.

Pressed by this universal need, our group has concentrated in the development of non-instrumental techniques, appropriate to be delivered to the patients on an office-based set-up without special equipment, and hence, for widespread application. The course is primarily addressed to health care professionals caring these patients.

### Learning objectives:

Participants will learn

1. The mechanisms and muscular dysfunctions involved in abdominal distention.
2. The theoretical principles to revert and prevent these dysfunctions.
3. The practical application of these principles by non-instrumental biofeedback techniques.
4. The know-how to perform these treatments in their own clinic without special equipment.
5. Clinical applications and research directions.

Venue located in the unique modernist Barcelona downtown, close to the medieval gothic area

We expect the course will meet your interests, and look forward to hosting you in Barcelona.

**Fernando Azpiroz & Jordi Serra**

### REGISTRATION

<https://metodobarcelona.bocentium.com>

The course is limited to 24 attendees.

Registration **1,500€**, includes working dinner

### COURSE DIRECTORS

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#### Jordi Serra

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## PROGRAM FRIDAY MAY 22

- 15:00 **Welcome and overview of the course**
- 15:15 **Lecture:**  
**Abdominal bloating and distention: what is what?**  
Questions and answers
- 17:00 **Coffee brake**
- 17:30 **Practical demonstration part one:**  
**Management of abdominal distention: Exercises with the patient in supine position**  
Questions and answers
- 18:15 **Hands-on practice part one:**  
Each participant will perform the supine exercises under the guidance of trainers. For this task participants will be distributed into couples.
- 20:15 **End of the program day 1**
- 20:30 **Dinner**

## PROGRAM SATURDAY MAY 23

- 9:00 **Practical demonstration part two:**  
**Management of abdominal distention; Exercises with the patient in upright position**  
Questions and answers
- 9:45 **Hands-on practice part two:**  
Each participant will perform the exercises in the upright position under the guidance of trainers. As in the previous day participants will be distributed into couples.
- 10:45 **Coffee brake**
- 11:15 **Hands-on practice part three:**  
Each participant will perform the whole program of exercises (supine plus upright) under the guidance of trainers.
- 12:00 **What do you have to do when you come home?**  
How to complete the training  
Instructions to your patients
- 13:00 **Interactive round table:**  
Practical applications & research directions  
Everything is clear?
- 13:30 **Wrap-up and farewell**