MODULE 2
DEGENERATIVE DISEASES OF THE SPINE
14-15 January 2021
PRELIMINARY PROGRAMME
QUICK FACTS

WHEN: 14-15 JANUARY 2021
WHERE: IRCAD
Hôpitaux Universitaires
1, place de l’Hôpital
67091 Strasbourg, France
www.ircad.fr
+ 33 (0)3 88 11 90 00
MAXIMUM ATTENDEES: 40 delegates
REGISTRATION FEE: EUROSPINE Member: €800
Non-member: €1000
CME CREDITS: Accreditation by EACCME® (European Accreditation Council for Continuing Medical Education) pending
LANGUAGE: English
DRESS: Casual
IMPORTANT NOTE: Attendance at every session is mandatory.
This will be a paperless course and not printed programme will be provided.
A wireless Internet device (mobile phone/Ipad/computer) will be necessary to access on-line resources during the course and for completing the course evaluation. Please bring one with you.
The course evaluation is mandatory to obtain the CME certificate.

TARGET AUDIENCE
Senior trainees and trained surgeons, who are planning a career in spinal surgery.

LEARNING OUTCOMES: SESSION CADAVER LABS

Anterior Cervical Fixation Systems: Cages & Plates
- Describe the surgical steps of the procedure
- Identify surgical differences between cage fusion and disc arthroplasty
- Identify tricks and pitfalls in decompression of the spinal canal and foramen
- Identify tricks and pitfalls in anterior plating

Lateral Approach: XLIF
- Identify the fluoroscopic targets for lateral approach to the lumbar spine
- Perform minimally invasive lateral approach to the discs L2-L3, L3-L4, L4-L5
- Identify key structures and discuss risks related to local vascular neuro anatomy
- Approach the disc using neuromonitoring and tubular system
- Convert the approach to mini-open lumbotomy and access the disc by reclining the psoas muscle
- Perform a discectomy and prepare endplates
- Insert a XLIF cage

**Lumbar Pedicle Screws & TLIF/PLIF**
- Identify entry points for lumbar pedicle screws insertion
- Prepare lumbar pedicles and insert lumbar pedicle screws
- Learn/revise neural anatomy of the lumbar spine
- Perform facetectomy, prepare the disc space and insert a TLIF/PLIF cage

**LEARNING OUTCOMES: SESSION 1 - CERVICAL & LUMBAR: HERNIATED DISCS, DIAGNOSIS & TREATMENT OF RADICULAR PAIN**

**Epidemiology, Natural History and Imaging of Radicular Pain**
- Use common epidemiological terms to define and outline prevalence of radicular pain
- Understand the natural history of radicular pain
- Identify the contributory factors
- Diagnose causes of radicular pain
- Explain how disc herniation occurs
- Differentiate between the roles of MRI and CT in radicular pain imaging
- Interpret images using correct nomenclature

**Effective Non-Surgical Interventions for Radicular Pain**
- Evaluate non-surgical options for radicular pain
- Explain these options to patients
- Identify suitable patients for non-operative management
- Differentiate between the 3 types of analgesics
- Summarise the roles of physiotherapy and injection therapy.
Surgery for Radicular Pain in the Lumbar Spine
- Differentiate between absolute and relative indications for surgery
- Identify appropriate timing for surgery
- Evaluate common surgical techniques with supporting evidence
- Compare surgical and non-surgical options
- Formulate a surgical plan
- Anticipate complications and plans for return to work and activity

Surgery for Radicular Pain in the Cervical Spine
- Outline the causes and incidence of radicular pain in the cervical spine
- Justify indications for surgery
- Identify factors influencing regression of symptoms from cervical disc herniation
- Select appropriate surgical approach
- Evaluate surgical options
- Anticipate complications and plans for return to work and activity
- Formulate a plan when an adjacent level problem emerges

Case Discussion

**LEARNING OUTCOMES: SESSION 2 - CERVICAL & THORACIC MYELOPATHY**

Presentation, Causes, and Natural History of Myelopathy
- Compare functional and clinical presentation of cervical spondylotic myelopathic syndromes
- Grade the disease using validated instruments
- Anticipate clinical traps in diagnosis and consider differentials
- Describe the natural history
- Identify the distinctive clinical presentation of craniocervical and thoracic myelopathy

Imaging Myelopathy: techniques & prognostic indicators
- Interpret MRI and CT findings in spondylotic myelopathy
- Recognize signal changes in different MRI sequences and their significance
- Consider differential diagnoses in spinal cord non tumoral pathology
- Understand the current place of myelography and CT myelography in imaging myelopathy

Clinical & Surgical Decision Making in Cervical Myelopathy
- Define a treatment plan for patients with cervical myelopathy
- Identify absolute and relative indications for surgery in cervical spondylotic myelopathy
• Compare different surgical approaches to cervical myelopathy and define a rationale for the surgical plan
• Discuss the place of intraoperative neuromonitoring in cervical myelopathy

Clinical & Surgical Decision Making in Thoracic Myelopathy
• Assess the risk-benefit balance for surgery in patients with thoracic myelopathy
• Compare different surgical approaches to thoracic myelopathy

LEARNING OUTCOMES: SESSION 3 - LUMBAR SPINAL STENOSIS & DEGENERATIVE SPONDYLOLISTHESIS

Presentation, Natural History and Non-Surgical Treatment of Spinal Stenosis
• Outline the signs & symptoms of lumbar spine stenosis (LSS)
• Understand the clinical features and natural history of neurogenic claudication
• Classify LSS
• Evaluate surgical and non-surgical options
• Appraise rehabilitation alternatives

Imaging of Spinal Stenosis and Degenerative Spondylolisthesis
• Describe the different imaging techniques to identify lumbar stenosis and degenerative spondylolisthesis
• Classify and grade lumbar stenosis
• Appraise the role of full spine and functional X-rays in the assessment of patients with lumbar spinal stenosis and degenerative spondylolisthesis

Surgical Treatment of Lumbar Stenosis
• Formulate principles for stenosis surgery
• Tailor the surgical technique to the individual patient
• Recognize indications for fusion in patients with lumbar stenosis

Surgical Treatment of Degenerative Spondylolisthesis
• Evaluate surgical and non-surgical options for degenerative spondylolisthesis
• Summarise controversies in the choice of treatment for degenerative spondylolisthesis

Case Discussion
LEARNING OUTCOMES: SESSION 4 - SPONDYLOLYSIS & LOW GRADE ISTHMIC SPONDYLOLISTHESIS

Spondylolysis & Low Grade Spondylolisthesis
- Outline the epidemiology and natural history
- Describe the signs & symptoms of spondylolysis & low-grade spondylolisthesis
- Formulate principles of management
- Evaluate surgical options
- Anticipate complications of instrumentation and repositioning
- Appraise rehabilitation alternatives

Case Discussion

LEARNING OUTCOMES: SESSION 5 - AXIAL BACK PAIN

Natural history, Obstacles to Recovery and Non-Surgical Treatment of Axial pain
- Anticipate potential obstacles to recovery
- Explain how flagging can be used
- Plan strategies for managing catastrophizing
- Differentiate between acute and chronic back pain
- Evaluate options for non-surgical management of back pain
- Summarise current evidence pertaining to operative and non-operative management

How to investigate a patient with Axial Pain
- Understand the role of clinical history and physical examination in the assessment of patients with axial pain
- Decide the need for imaging studies
- Select patients with axial pain who need advanced diagnostic techniques
- Review the place of diagnostic blocks and discography in patients with axial pain

Surgery for Axial Back Pain
- Provide a rationale for fusion surgery
- Evaluate alternative options
- Select appropriate approach
- Link to current evidence

Case Discussion
LEARNING OUTCOMES: SESSION 6 - DEGENERATIVE DEFORMITY

Degenerative Lumbar Deformity
- Describe the pathogenesis and natural history of degenerative lumbar deformity
- Explain the concept of spinal balance and the spinopelvic parameters
- Evaluate the risk-benefit balance for surgery and potential for complications
- Formulate a surgical plan for lumbar degenerative kyphoscoliosis

Case Discussion
COURSE CHAIRMEN:

<table>
<thead>
<tr>
<th>Name</th>
<th>Location</th>
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<tbody>
<tr>
<td>PETER FÖRSTH</td>
<td>UPPSALA, SWEDEN</td>
</tr>
<tr>
<td>PAULO PEREIRA</td>
<td>PORTO, PORTUGAL</td>
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FACULTY:

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<tr>
<th>Name</th>
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<tr>
<td>BERTRAND DEBONO</td>
<td>TOULOUSE, FRANCE</td>
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<tr>
<td>CHRISTIAN HELLUM</td>
<td>OSLO, NORWAY</td>
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<tr>
<td>WOUTER MOOJEN</td>
<td>LEIDEN, NETHERLANDS</td>
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<td>EVERARD MUNTING</td>
<td>BRUSSELS, BELGIUM</td>
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<tr>
<td>LUKAS PANZENBÖCK</td>
<td>VIENNA, AUSTRIA</td>
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<tr>
<td>07:00-07:15</td>
<td>Participants’ check-in and welcome</td>
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<td>07:15-07:30</td>
<td>Change in scrubs and go to CadLab</td>
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<tr>
<td>07:30-08:00</td>
<td>Introduction and CadLab discussion</td>
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<tr>
<td>08:00-09:45</td>
<td>Group A: XLIF &amp; TLIF</td>
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<td>Group B: Anterior Cervical Fixation Systems: Cages &amp; Plates</td>
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<td>Coffee Break 30 min</td>
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<td>10:15-12:00</td>
<td>Group B: Anterior Cervical Fixation Systems: Cages &amp; Plates</td>
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<td>Epidemiology &amp; Natural History of Radicular Pain</td>
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<td>Surgery for Radicular Pain in the Lumbar Spine</td>
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<td>Surgery for Radicular Pain in the Cervical Spine</td>
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<td>Presentation, Causes, and Natural History of Myelopathy</td>
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<td>Imaging Myelopathy: Techniques &amp; Prognostic Indicators</td>
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<td>Clinical &amp; Surgical Decision Making in Cervical Myelopathy</td>
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<td>Coffee Break 30 min</td>
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## SCIENTIFIC PROGRAMME, MODULE 2
### DAY 2 - FRIDAY, 15 JANUARY 2021

**Venue:** IRCAD, Strasbourg, France  
**COURSE ATTENDANCE IS MANDATORY**

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<tr>
<th>TIME</th>
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<th>FACULTY</th>
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<tbody>
<tr>
<td>08:15-08:30</td>
<td>Participants’ check-in and welcome</td>
<td>All faculty</td>
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<tr>
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<td><strong>SESSION 4: Lumbar Spinal Stenosis &amp; Degenerative Spondylolisthesis</strong></td>
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<tr>
<td>08:30-08:45</td>
<td>Presentation, Natural History and Non-Surgical Treatment of Spinal Stenosis</td>
<td>Wouter Moojen</td>
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<td>Imaging of Spinal Stenosis and Degenerative Spondylolisthesis</td>
<td>Lukas Panzenböck</td>
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<td>09:00-09:15</td>
<td>Surgical Treatment of Lumbar Stenosis</td>
<td>Peter Försth</td>
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<td><strong>Moderator:</strong> E Munting</td>
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<td>11:00-11:15</td>
<td>Spondylolysis &amp; Low Grade Isthmic Spondylolisthesis</td>
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<td><strong>Moderator:</strong> C Hellum</td>
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<td>16:00-16:30</td>
<td>Course summary</td>
<td>Peter Försth &amp; Paulo Pereira</td>
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<td>16:30-17:00</td>
<td>Conclusions, diploma and mandatory course evaluation</td>
<td>All participants</td>
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<td>17:00</td>
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CONTACTS

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8610 Uster
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www.eurospine.org
www.eurospinemeeting.com

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SCIENTIFIC CONTENT

Dominique A. Rothenfluh, MD, PhD
Chairman, Education Committee of EUROSPINE