



Hellenic  
Spine  
Society

# Diploma of the Hellenic Spine Society

(equivalent to the Eurospine Diploma)

## MODULE 2: DEGENERATIVE SPINE

**7 May 2018**

Athens Medical Group Amfitheater  
Kefalari Square, Athens, Greece

**Course Manager**

**Ioannis Magras**  
Associate Professor of Neurosurgery

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SCIENTIFIC  
PROGRAMME

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

- Epidemiology & Natural History of Radicular Pain
- Use common epidemiological terms to define and outline prevalence of radicular pain
  - Illustrate the natural history of radicular pain
  - Identify the contributory factors
- Imaging of Radicular Pain
- Differentiate between the roles of MRI and CT in disc herniation imaging
  - Explain how disc herniation occurs
  - 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 cervical disc herniation regression
  - Select appropriate surgical approach
  - Evaluate surgical options
  - Anticipate complications and plans for return to work and activity
  - Formulate a plan when the adjacent level “problem“ remains unresolved
- Case Discussion

## **LEARNING OUTCOMES SESSION 2** **LUMBAR SPINAL STENOSIS**

- Spinal Stenosis: presentations, natural history, non-surgical treatment
- Outline the signs & symptoms of lumbar spine stenosis (LSS)
  - Classify LSS
  - Evaluate surgical and non-surgical options
  - Appraise rehabilitation alternatives
- Surgical Treatment of Lumbar Stenosis
- Formulate principles for stenosis surgery
  - Evaluate surgical and non-surgical options for degenerative spondylolisthesis
- Case Discussion

## **LEARNING OUTCOMES SESSION 3** **CERVICAL & THORACIC MYELOPATHY**

- Imaging Myelopathy: techniques & prognostic indicators
- Describe medullary non tumoral pathology
  - Compare myelography and CT myelography
- Presentations, Causes, Natural History Cervical & Thoracic Myelopathy
- Compare functional and clinical presentation of spondylotic and myelopathic syndromes
  - Grade disease
  - Anticipate clinical traps
  - Describe the natural history
  - Outline the clinical presentation of :
    - o craniocervical myelopathy
    - o thoracic myelopathy
- Clinical & Surgical Decision Making in Cervical & Thoracic Myelopathy
- Compare different surgical approaches to cervical myelopathy
- Case Discussion

## **LEARNING OUTCOMES SESSION 4** **SPONDYLOLYSIS & SPONDYLOLISTHESIS**

### Degenerative Spondylolisthesis

- Outline the signs & symptoms of spondylolisthesis
  - Select and interpret appropriate images
  - Evaluate surgical and non-surgical options
- ### Spondylolysis & High-Grade Spondylolisthesis
- Outline the epidemiology and natural history
  - Describe the signs & symptoms of spondylolysis & high-grade spondylolisthesis
  - Classify effectively
  - Formulate principles of management
  - Evaluate surgical options
  - Anticipate complications of instrumentation and repositioning
  - Appraise rehabilitation alternatives
- ### Case Discussion

## **LEARNING OUTCOMES SESSION 5** **AXIAL SPINE PAIN**

### Obstacles to Recovery

- Anticipate potential obstacles to recovery
  - Explain how flagging can be used
  - Plan strategies for managing catastrophising
- ### Non-Surgical Treatment of Back Pain
- 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
- ### Fusion Surgery for Low 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 ADULT DEFORMITY**

### Degenerative Lumbar Deformity

- Describe the pathogenesis and natural history of adult lumbar deformity
  - Explain the concept of spinal balance and the spinopelvic parameters
  - Formulate a surgical plan for lumbar degenerative kyphoscoliosis
- ### Case Discussion/EITS



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**MODULE 1: BASIC COMPREHENSIVE COURSE**  
**MODULE 2: DEGENERATIVE SPINE**

**6-7 May 2018**

Athens, Greece

**Course Manager**

**Ioannis Magras**  
Associate Professor of Neurosurgery

## **CHAIRMAN**

Stavros Stavridis

## **FACULTY**

Dimos Bouramas

Ioannis Gelalis

Apostolos Karantanas

Ioannis Magras

Elias Papadopoulos

Sotiris Papastefanou

Kostas Paterakis

Efthimios Samoladas

Stavros Stavridis

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**SCIENTIFIC PROGRAMME,**  
**MODULE 2: DEGENERATIVE SPINE / MONDAY, 07 MAY 2018**

8.30-9.00 Course Registration & Welcome Coffee

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**9.00-11.00 / SESSION 1: CERVICAL AND LUMBAR : HEARNIATED DISC,  
DIAGNOSIS AND TREATMENT OF RADICULAR PAIN**

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**9.00-9.20 Epidemiology & Natural History of Radicular Pain**

I. Magras

**9.20-9.40 Imaging of Radicular Pain**

A. Karantanas

**9.40-10.00 Effective Non-Surgical Interventions for Radicular Pain**

S. Stavridis

**10.00-10.20 Surgery for Radicular Pain in the Lumbar Spine**

K. Paterakis

**10.20-10.40 Surgery for Radicular Pain in the Cervical Spine**

D. Bouramas

**10.40-11.00 Case Discussion**

11.00-11.30 Coffee Break

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**11.30-12.30 / SESSION 2: LUMBAR SPINAL STENOSIS**

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**11.30-11.50 Spinal Stenosis: Presentation, Natural History, Non-Surgical Treatment**

I. Gelalis

**11.50-12.10 Surgical Treatment of Lumbar Stenosis**

E. Samoladas

**12.10-12.30 Case Discussion**

12.30-13.30 Lunch Break

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**13.30-14.30 / SESSION 3: CERVICAL AND THORACIC MYELOPATHY**

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**13.30-13.45 Imaging Myelopathy: Techniques & Prognostic Indicators**

A. Karantanas

**13.45-14.00 Presentation, Causes, Natural History Cervical & Thoracic Myelopathy**

D. Bouramas

**14.00-14.15 Clinical & Surgical Decision Making In Thoracic Myelopathy**

I. Magras

**14.15-14.30 Clinical & Surgical Decision Making In Cervical Myelopathy**

K. Paterakis

**Case Discussion**

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**14.30-15.00 / SESSION 4: SPONDYLOLYSIS AND SPONDYLOLISTHESIS**

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- 14.30-14.45 Degenerative Spondylolisthesis**  
S. Stavridis
- 14.45-15.00 Spondylolysis & High-Grade Spondylolisthesis**  
E. Samoladas
- 15.00-15.30 Coffee Break

**15.30-16.30 / SESSION 5: AXIAL SPINE PAIN**

- 15.30-15.50 Obstacles to Recovery**  
E. Papadopoulos
- 15.50-16.10 Non-Surgical Treatment of Back Pain**  
S. Papastefanou
- 16.10-16.30 Fusion Surgery for Low Back Pain**  
S. Papastefanou  
**Case Discussion**

**16.30-17.00 / SESSION 6: DEGENERATIVE ADULTE DEFORMITY**

- 16.30-16.50 Degenerative Lumbar Deformity**  
E. Papadopoulos
- 16.50-17.00 Case Discussion**





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## NOTES

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