



Hellenic  
Spine  
Society

# Diploma of the Hellenic Spine Society

(equivalent to the Eurospine Diploma)

## MODULE 2: DEGENERATIVE DISEASES OF THE SPINE

**28 May 2021**



**HYBRID SEMINAR**



Centre for Dissemination of Research Results  
of Aristotle University of Thessaloniki (KE.D.E.A.)  
A.U.TH., Thessaloniki, Greece

The Panhellenic Medical Association grants credit points  
of Continuing Medical Education (CME-CPD)

### **Course Manager**

**Ioannis Magras**

Professor of Neurosurgery

## **SCIENTIFIC PROGRAMME**

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## **FACULTY**

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Alexandros Brotis  
Ioannis Gelalis  
Arion Kapinas  
Apostolos Karantanas  
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Sotirios Papastefanou  
Konstantinos Paterakis  
Stavros Stavridis  
Parmenion Tsitsopoulos

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### 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

#### 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

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### 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:
  - craniocervical myelopathy
  - 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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## SCIENTIFIC PROGRAMME

Module 2: Degenerative Diseases of the Spine

**Friday, 28 May 2021**

08:30 - 09:00	Course Registration & Welcome Coffee
09:00 - 11:00	<b>Session 1: Cervical and Lumbar: Herniated disc, Diagnosis and treatment of radicular pain</b>
09:00 - 09:20	Epidemiology & Natural History of Radicular Pain A. Athanasiou
09:20 - 09:40	Imaging of Radicular Pain A. Karantanas
09:40 - 10:00	Effective Non-Surgical Interventions for Radicular Pain S. Stavridis
10:00 - 10:20	Surgery for Radicular Pain in the Lumbar Spine P. Tsitsopoulos
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
11:30 - 12:30	<b>Session 2: Lumbar spinal stenosis</b>
11:30 - 11:50	Spinal Stenosis: Presentation, Natural History, Non-Surgical Treatment I. Gelalis
11:50 - 12:10	Surgical Treatment of Lumbar Stenosis A. Kapinas
12:10 - 12:30	Case Discussion
12:30 - 13:30	Lunch Break

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<b>13:30 - 14:30</b>	<b>Session 3: Cervical and thoracic myelopathy</b>
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 A. Athanasiou
14:15 - 14:30	Clinical & Surgical Decision Making In Cervical Myelopathy K. Paterakis Case Discussion
<b>14:30 - 15:00</b>	<b>Session 4: Spondylolysis and Spondylolisthesis</b>
14:30 - 14:45	Degenerative Spondylolisthesis S. Stavridis
14:45 - 15:00	Spondylolysis & High-Grade Spondylolisthesis A. Kapinas
15:00 - 15:30	Coffee Break
<b>15:30 - 16:30</b>	<b>Session 5: Axial spine pain</b>
15:30 - 15:50	Obstacles to Recovery E. Papadopoulos
15:50 - 16:10	Non-Surgical Treatment of Back Pain A. Brotis
16:10 - 16:30	Fusion Surgery for Low Back Pain S. Papastefanou Case Discussion
<b>16:30 - 17:00</b>	<b>Session 6: Degenerative Adult deformity</b>
16:30 - 16:50	Degenerative Lumbar Deformity E. Papadopoulos
16:50 - 17:00	Case Discussion

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# ΙΑΤΡΙΚΗ ΠΡΟΟΠΤΙΚΗ

ΧΕΙΡΟΥΡΓΙΚΑ ΕΡΓΑΛΕΙΑ ΠΟΙΟΤΗΤΑΣ

**REBSTOCK**  
Precision made in Germany

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## AKNOWLEDGMENTS

The President of the Greek Educational Program of the Hellenic Spine Society would like to thank the following sponsors for their contribution:



# Medtronic

Further, Together



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## GENERAL INFORMATION

### Module

Module 2: Degenerative Diseases Of The Spine

### Registration Fee

Module 2: 300 euros

Module 2 and 4: 500 euros

### Course Date

28 May 2021

### Course Language

English

### Accreditation

The Panhellenic Medical Association grants credit points of Continuing Medical Education (CME-CPD)

### Course venue

Centre for Dissemination of Research Results  
of Aristotle University of Thessaloniki (KE.D.E.A) A.U.TH.  
Thessaloniki, Greece

### Organization

Hellenic Spine Society

### Course Secretariat

Premium Congress & Social Events Solutions

THESSALONIKI: 47, V. Irakliou St. P.C. 54623

Tel: +30 2310 226250, +30 2310 219407, Fax: +30 2316 009072

E-mail: [conference1@premium-events.gr](mailto:conference1@premium-events.gr), [www.premium-events.gr](http://www.premium-events.gr)



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## NOTES

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