

Spanish & Portuguese
Spine Societies

COURSE DIPLOMA
2026

Module 2
**Degenerative Diseases
of the Spine**

Organized by:



SPPCV
SOCIEDADE
PORTUGUESA
DE PATOLOGIA
DA COLUNA
VERTEBRAL

GEER 
SPANISH SPINE SOCIETY

When:
29 - 30 // June // 2026

Where :
Lisbon - Portugal



SPPCV
SOCIEDADE
PORTUGUESA
DE PATOLOGIA
DA COLUNA
VERTEBRAL

Quick Facts

When	29 – 30 June 2026
Where	NOVA Medical School Advanced Education / Campus de Carcavelos R. Luanda 166, Parede
Maximum Attendees	30 delegates
Registration Fee	SPPCV/ GEER Members : 800€ Non Members: 1.000€
CME Credits	An application for accreditation has been submitted to the EACCME
Language	English
Dress	Casual
E-Learning	A computer (Mac/PC) or tablet (Android/Mac) and stable internet connection are required to access the e-learning content. In preparation for the virtual live session, the mandatory self-paced e-learning component will be available from 1 June 2026 on the SPPCV Moodle page. This component must be completed before the on-site session.
Module Completion	A module is only deemed as complete when participants have met ALL of the following conditions: <ul style="list-style-type: none">• Passed the e-learning component with at least 70% AND• Attended the live session AND• Submitted the course evaluations for the e-learning and the live session component

Important Note

- Completion of eLearning component is mandatory
- Attendance of the live session is mandatory

Target Audience

Senior trainees and trained surgeons, who are planning a career in spine surgery.

Learning Outcomes

Module 2

Degenerative Diseases of the Spine

1. Cervical & Lumbar: Herniated Discs, Diagnosis & Treatment of Radicular Pain
2. Cervical & Thoracic Myelopathy
3. Lumbar Spinal Stenosis & Degenerative Spondylolisthesis
4. Spondylolysis & Low-Grade Isthmic Spondylolisthesis, Axial Back Pain, Degenerative Deformity
5. Skills Workshop

Cervical & Lumbar: Herniated Discs, Diagnosis & Treatment of Radicular Pain

1. 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

2. 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

3. 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

4. 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

Cervical & Thoracic Myelopathy:

1. 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

2. 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

3. 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

4. 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

Lumbar Spinal Stenosis & Degenerative Spondylolisthesis

- 1. 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
- 2. 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
- 3. 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
- 4. Surgical Treatment of Degenerative Spondylolisthesis**
 - Assess the risk-benefit balance for surgery in patients with thoracic myelopathy
 - Compare different surgical approaches to thoracic myelopathy

Spondylolysis & Low-Grade Isthmic Spondylolisthesis, Axial Back Pain, Degenerative Deformity

- 1. 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

2. 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

3. 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

4. Surgery for Axial Back Pain

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

5. 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

Skills Workshop

1. 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

2. Antero-Lateral Approaches: Lateral Lumbar Interbody Fusion (LLIF) Anterior-to-psoas Interbody Fusion (ATP)

- 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 either through the psoas muscle (LLIF) or anterior to psoas (ATP) system
- Perform a discectomy and prepare endplates
- Insert a LLIF/ATP cage

3. Lumbar Pedicle Screws & Transforaminal Lumbar Interbody Fusion (TLIF) / Posterior Lumbar Interbody Fusion (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

Module Chair

Pedro Varanda *PORTUGAL*

Ana García de Frutos *SPAIN*

Module Faculty:

Alberto Hernández *SPAIN*

Amal Abdul Sayed *SPAIN*

Ana García de Frutos *SPAIN*

André Pinho *PORTUGAL*

Antonia Matamalas *SPAIN*

Bruno Santos *PORTUGAL*

Carla Reizinho *PORTUGAL*

Iria Vázquez *SPAIN*

Luís Barroso *PORTUGAL*

Luís Marques *PORTUGAL*

Luis Puente *SPAIN*

Luís Teixeira *PORTUGAL*

Miguel Casimiro *PORTUGAL*

Nelson Carvalho *PORTUGAL*

Pedro Varanda *PORTUGAL*

Pedro Vilela *PORTUGAL*

Rui Duarte *PORTUGAL*

Scientific Programme

Module 2 - Degenerative Diseases of the Spine

Time	Topic	Faculty
-	-	-
E-LEARNING PROGRAMME		
-	-	-
Cervical & Lumbar		
00:20	Epidemiology, natural history and imaging of radicular pain	Carla Reizinho
00:15	Effective non-surgical interventions for radicular pain	Amal Abdul Sayed
00:15	Surgery for radicular pain in the lumbar spine	Luís Marques
00:15	Surgery for radicular pain in the cervical spine	Luis Puente
00:20	Knowledge check questions	-
-	-	-
Cervical & Thoracic Myelopathy		
00:15	Presentation, causes and natural history of myelopathy	Miguel Casimiro
00:15	Imaging myelopathy: techniques and prognostic indicators	Pedro Vilela
00:20	Clinical and surgical decision making in cervical myelopathy	Rui Duarte
00:20	Clinical and surgical decision making in thoracic myelopathy	Luís Marques
00:20	Knowledge check questions	-
-	-	-

Lumbar Spinal Stenosis & Degenerative Spondylolisthesis

00:15	Presentation, natural history and non-surgical treatment of spinal stenosis	Iria Vázquez
00:15	Imaging of spinal stenosis and degenerative spondylolisthesis	Pedro Vilela
00:15	Surgical treatment of lumbar stenosis	Miguel Casimiro
00:15	Surgical treatment of degenerative spondylolisthesis	Luís Barroso
00:20	Knowledge check questions	-

Spondylolysis & Low-grade Isthmic Spondylolisthesis, Axial Back Pain, Degenerative Deformity

00:15	Spondylolysis and low-grade isthmic spondylolisthesis	Luís Teixeira
00:15	Natural history, obstacles to recovery and non-surgical treatment of axial pain	Pedro Varanda
00:15	How to investigate a patient with axial pain	Rui Duarte
00:15	Surgical treatment for axial back pain	Luís Teixeira
00:20	Degenerative deformity of the lumbar spine	Antonia Matamalas
00:20	Knowledge check questions	-

Day 1 – Monday, 29 June 2026

PRESENTIAL

Time	Topic	Faculty
-	-	-
14:00	Course Registration and Welcome Coffee	
	Case Based Discussion	
14:30	Introduction	Pedro Varanda
14:40	Cervical myelopathy with multilevel pathology	Ana García de Frutos
15:10	2-level cervical radicular pain	Luís Marques
15:40	Low back pain	Rui Duarte
16:10	Recurrent lumbar disc herniation with radicular pain	Bruno Santos,
-	-	-
Coffee Break 20 mins.		
-	-	-
17:00	3 Level Lumbar spinal stenosis with minor slip	Carla Reizinho
17:30	Spondylolysis and low-grade isthmic spondylolisthesis	André Pinho
18:00	Degenerative deformity and root pain	Ana García de Frutos
18:30	End of Day 1	
		Course Attendance is Mandatory

Day 2 – Tuesday, 30 June 2026

PRESENTIAL

Time	Topic	Faculty
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PRESENTIAL

Time	Topic	Faculty
-	-	-
08:30	Preparation for CadLab workshop	-
09:00	Groups A, B, C: A Lombosacroiliac fixation; TLIF; Lateral approach: LLIF	All Faculty
10:00	Groups D, E, F: Cervical Instrumentation including cervical pedicle fixation; Thoacic pedicle screw fixation and hybrid solutions	All Faculty
-	-	-
-	-	-
11:30	Groups A, B, C: Cervical Instrumentation including cervical pedicle fixation; Thoacic pedicle screw fixation and hybrid solutions	All Faculty
12:30	Groups D, E, F: Lombosacroiliac fixation; TLIF; Lateral approach: LLIF	All Faculty

Cadaver Lab Workshops

Coffee Break 30 mins

End of Module 2

**Course Attendance
is Mandatory**

Recommended Reading

Part II Basic Module 2:

- Surgical Treatment of Degenerative Cervical, Thoracic and Lumbar Spinal Pathologies
B. Meyer and M. Rauschmann (Eds.)
- Spine Surgery A Case-Based Approach.
Switzerland: Springer.
- **F. Ringel and S. Kantelhardt. (2019).**
Anterior Cervical Subaxial Treatment (Fusion).
B. Meyer and M. Rauschmann (Eds.), Spine Surgery A Case-Based Approach (pp. 19–24). Switzerland: Springer.
- **F. Ringel and E. Archavlis. (2019).**
Cervical Motion Preserving Procedures (TDR). B. Meyer and M. Rauschmann (Eds.), Spine Surgery A Case-Based Approach (pp. 25–32). Switzerland: Springer.
- **F. Ringel and A. Gutenberg. (2019).**
Cervical Motion Preserving Procedures (Frykholm). B. Meyer and M. Rauschmann (Eds.), Spine Surgery A Case-Based Approach (pp. 33–38). Switzerland: Springer.
- **M. Czabanka and P. Vajkoczy. (2019).**
Cervical Myelopathy: Indication and Operative Procedure. B. Meyer and M. Rauschmann (Eds.), Spine Surgery A Case-Based Approach (pp. 39–50). Switzerland: Springer.
- **L. Bobinski. (2019).**
Cervical Posterior Long Construct Stabilization. B. Meyer and M. Rauschmann (Eds.), Spine.
- **B. Meyer and S. Krieg. (2019).**
Thoracic Disc Herniation and Myelopathy. B. Meyer and M. Rauschmann (Eds.), Spine Surgery A Case-Based Approach (pp. 59–64). Switzerland: Springer.
- **N.A. van der Gaag and W. Moojen. (2019).**
Lumbar Disc Herniation, Nucleo- and Sequesterectomy. B. Meyer and M. Rauschmann (Eds.), Spine Surgery A Case-Based Approach (pp. 65–70). Switzerland: Springer.
- **I. Magras, A. Athanasiou and V. Magra. (2019).**
Lumbar Spinal Stenosis Requiring Decompression and Fusion. B. Meyer and M. Rauschmann (Eds.), Spine Surgery A Case-Based Approach (pp. 71–76). Switzerland: Springer.

- **I. Magras, A. Athanasiou and V. Magra. (2019).**

Lumbar Spinal Stenosis. B. Meyer and M. Rauschmann (Eds.), Spine Surgery A Case-Based Approach (pp.77-80). Switzerland: Springer.

- **J. Patino and J. Lafuente. (2019).**

Degenerative Spondylolisthesis. B. Meyer and M. Rauschmann (Eds.), Spine Surgery A Case-Based Approach (pp. 81-86). Switzerland: Springer.

- **S. Hartmann, A. Tschugg and C. Thomé. (2019).**

Basic Degenerative Lumbar Scoliosis. B. Meyer and M. Rauschmann (Eds.), Spine Surgery A Case-Based Approach (pp. 87-94). Switzerland: Springer.

- **S.K. Tschoeke. (2019).**

Thoracolumbar Instrumentation and Fusion for Degenerati-

ve Disc Disease. B. Meyer and M. Rauschmann (Eds.), Spine Surgery A Case-Based Approach (pp. 95-108). Switzerland: Springer.

- **M. Stoffel. (2019).**

Lumbar Non-Fusion Techniques. B. Meyer and M. Rauschmann (Eds.), Spine Surgery A Case-Based Approach (pp. 109-116). Switzerland: Springer.

- **E. Shibhan and B. Meyer. (2019).**

Management of Failed Back Surgery Syndrome. B. Meyer and M. Rauschmann (Eds.), Spine Surgery A Case-Based Approach (pp. 117-122). Switzerland: Springer.

- **H. Meyer and Y. Ryang. (2019).**

Navigation of the Cervical, Thoracic and Lumbar Spine. B. Meyer and M. Rauschmann (Eds.), Spine Surgery A Case-Based Approach (pp.129-137). Switzerland: Springer.

Contacts

Course Organisation

SPPCV Sociedade Portuguesa de Patologia da Coluna Vertebral

Portuguese Spine Society

www.sppcv.org

Cristiana Mota

sppcv_secretariado@yahoo.com

T: +351 96 253 9452

GEER Sociedad Española de Columna Vertebral

Spanish Spine Society


www.secolumnavertebral.org

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Mari Cruz Berruezo / Silvia Núñez

secretaria@secolumnavertebral.org

T. +34 95 244 5586



**Thank you
for your participation**

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