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SPPCV  
SOCIEDADE  
PORTUGUESA  
DE PATOLOGIA  
DA COLUNA  
VERTEBRAL

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# Spanish & Portuguese Spine Societies COURSE DIPLOMA Module 2

**Module 2:**

—  
Degenerative Diseases  
of the Spine

**When:**

—  
27 & 28 // June // 2018

**Where :**

—  
Lisbon - Portugal

# Spanish & Portuguese Spine Societies COURSE DIPLOMA

## Scientific Content:

**Dr. Álvaro Lima**

President of the General Assembly of Portuguese Spine Society (SPPCV)

**Dr. Antonio Martín**

Vice-President of Spanish Spine Society (GEER)

## Course Organisation:

SPPCV Sociedade Portuguesa de Patologia da Coluna Vertebral

GEER Sociedad Española de Columna Vertebral

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## Learning Outcomes:

# Session Cadaver Labs

### 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. Lateral Approach: XLIF

- Identify the fluoroscopic targets for lateral approach to the lumbar spine  
Perform minimal 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 TLIF cage

## Quick Facts

<b>When</b>	27 & 28 June 2018
<b>Where</b>	Lisbon / Portugal Course: Lusíadas Hospital Rua Abílio Mendes, 12 Cad Lab Workshops: Nova Medical School / Lisbon Nova University Campo dos Mártires da Pátria, 130
<b>Maximum Attendees</b>	30 delegates
<b>Registration Fee</b>	600 € for Members / 1000 € for Non Members Discounts for SPPCV, GEER and EUROSPINE members are available <i>Modules with a discount structure of 10% for 2 modules and 15% for 3 modules</i>
<b>CME Credits</b>	12 European CME Credits (ECMEC) by EACCME
<b>Language</b>	English, Spanish, Portuguese
<b>Dress</b>	Casual
<b>Important Note</b>	Attendance at every session is mandatory A final exam will be performed

### Target Audience

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

Learning Outcomes:

# Session 01

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

Epidemiology & Natural History of Radicular Pain

Imaging of Radicular Pain

Effective Non-Surgical Interventions for Radicular Pain

Surgery for Radicular Pain in the Lumbar Spine

Surgery for Radicular Pain in the Cervical Spine

Case Discussion

## 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 02

## Lumbar Spinal Stenosis

**Spinal Stenosis:**  
Presentations, Natural History, Non-Surgical Treatment

**Surgical Treatment of Lumbar Stenosis**

**Case Discussion**

## 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 03

## Cervical & Thoracic Myelopathy

Imaging Myelopathy: Techniques & Prognostic Indicators

Presentations, Causes, Natural History Cervical & Thoracic Myelopathy

Clinical & Surgical Decision Making in Cervical & Thoracic Myelopathy

Case Discussion

## 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 04

## Spondylolysis & Spondylolisthesis

Degenerative Spondylolisthesis

Spondylolysis & High-Grade Spondylolisthesis

Case Discussion

## 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 05

## Axial Spine Pain

Obstacles to Recovery

Non-Surgical Treatment of Back Pain

Fusion Surgery for Low Back Pain

Case Discussion

## 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 06

## Degenerative Adult Deformity

Degenerative Lumbar Deformity

Case Discussion

## 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**

## Course Chairmen:

**Álvaro Lima** PORTUGAL

**Antonio Martín** SPAIN

## Cad Lab Chairmen:

**Álvaro Lima** PORTUGAL

**Miguel Casimiro** PORTUGAL

## Course Faculty:

**Álvaro Lima** PORTUGAL

**Antonio Martín** SPAIN

**Manuel Fernández** SPAIN

**J. P. Maia Gonçalves** PORTUGAL

**Miguel Casimiro** PORTUGAL

**Domingo Lombao** SPAIN

**Manuel Tavares de Matos** PORTUGAL

**Artur Teixeira** PORTUGAL

**Pedro Varanda** PORTUGAL

**Pedro Vilela** PORTUGAL

## Scientific Programme Module 2

### Day 1 // Wednesday // 27 June

Time	Topic	Faculty
-	-	-
08.30 - 09.00	Course registration & welcome coffee	-
09.00 - 09.10	Introduction	Álvaro Lima
-	-	-
	<b>Session 1: Cervical &amp; Lumbar: Herniated Discs, Diagnosis &amp; Treatment of Radicular Pain</b>	
09.10 - 09.20	Epidemiology & Natural History of Radicular Pain	Artur Teixeira
09.20 - 09.30	Imaging of Radicular Pain	Pedro Vilela
09.30 - 09.45	Effective Non-Surgical Interventions for Radicular Pain	J.P. Maia Gonçalves
09.45 - 10.00	Surgery for Radicular Pain in the Lumbar Spine	Pedro Varanda
10.00 - 10.15	Surgery for Radicular Pain in the Cervical Spine	Antonio Martín
10.15 - 11.15	Case Discussion	Álvaro Lima
-	-	-
	Coffee Break 30 mins.	
-	-	-
	<b>Session 2: Lumbar Spinal Stenosis</b>	
11.45 - 12.00	Spinal Stenosis: Presentation, Natural History, Non-Surgical Treatment	Domingo Lombao
12.00 - 12.15	Surgical Treatment of Lumbar Stenosis	Miguel Casimiro
12.15 - 13.00	Case Discussion	Pedro Varanda
-	-	-
	Lunch 1 hour	
-	-	-
	<b>Session 3: Cervical &amp; Thoracic Myelopathy</b>	
14.00 - 14.15	Imaging Myelopathy: Techniques & Prognostic Indicators	Pedro Vilela
14.15 - 14.30	Presentation, Causes, Natural History Cervical & Thoracic Myelopathy	Miguel Casimiro
14.30 - 14.45	Clinical & Surgical Decision Making In Thoracic Myelopathy	Álvaro Lima
14.45 - 15.00	Clinical & Surgical Decision Making In Cervical Myelopathy	Antonio Martín
15.00 - 16.00	Case Discussion	Miguel Casimiro
-	-	-
	Coffee Break 30 mins.	
-	-	-
	<b>Session 4: Spondylolysis &amp; Spondylolisthesis</b>	
16.30 - 16.45	Degenerative Spondylolisthesis	Pedro Varanda
16.45 - 17.00	Spondylolysis & High-Grade Spondylolisthesis	Manuel Fernández
17.00 - 17.45	Case Discussion	Manuel Tavares de Matos
-	-	-
	<b>End of Day 1</b>	
-	-	-
		<b>Course Attendance is Mandatory</b>

## Scientific Programme Module 2

### Day 2 // Thursday // 28 June

Time	Topic	Faculty
-	-	-
07.45 - 08.00	Attendance signature	-
-	-	-
	<b>Session 5: Axial Spine Pain</b>	
08.00 - 08.15	Obstacles to Recovery	Álvaro Lima
08.15 - 08.30	Non-Surgical Treatment of Back Pain	Antonio Martín
08.30 - 08.45	Fusion Surgery for Low Back Pain	Manuel Tavares de Matos
08.45 - 09.45	Case Discussion	J.P. Maia Gonçalves
-	-	-
	Coffee Break 30 mins.	
-	-	-
	<b>Session 6: Degenerative Adult Deformity</b>	
10.15 - 10.30	Degenerative Lumbar Deformity	Domingo Lombao
10.30 - 11.15	Case Discussion	Artur Teixeira
11.15 - 11.45	Evaluation	-
11.45 - 12.15	Closing Remarks & Diploma	Álvaro Lima
-	-	-
	Lunch 1 hour	
-	-	-
13.15 - 13.45	Cad Lab discussion	Álvaro Lima
13.45 - 14.00	Go to the Lab	-
-	-	-
	<b>Cadaver Lab Workshops</b>	
14.00 - 15.45	Group A: XLIF	All Faculty
14.00 - 15.45	Group B: Anterior Cervical Fixation Systems: Cages & Plates	All Faculty
-	-	-
	Coffee Break (Group Rotation) 30 mins.	
-	-	-
16.15 - 18.00	Group A: Anterior Cervical Fixation Systems: Cages & Plates	All Faculty
16.15 - 18.00	Group B: XLIF	All Faculty
-	-	-
	<b>End of Module</b>	
-	-	-
	<b>Cadaver Lab Workshops:</b> we inform all the participants that there is a variety of different similar products that they can be use beyond the ones provided at this event.	<b>Course Attendance is Mandatory</b>

# Contacts

## Sponsors

### EUROSPINE, the Spine Society of Europe:

-  
Seefeldstrasse 16  
8610 Uster Switzerland  
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### GEER Sociedad Española de Columna Vertebral

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29630 Benalmádena, Málaga  
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## Course Organisation

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## Scientific Content

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Dr. Álvaro Lima, President of the General Assembly of Portuguese Spine Society (SPPCV)  
Dr. Antonio Martín, Vice-President of Spanish Spine Society (GEER)

**Thank you**  
**for audience.**

**Spanish & Portuguese Spine Societies**  
**COURSE DIPLOMA**  
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