



Hellenic  
Spine  
Society

# Diploma of the Hellenic Spine Society

(equivalent to the Eurospine Diploma)

## MODULE 2: DEGENERATIVE DISEASES OF THE SPINE

**6-7 May 2022**

**Athens Medical Group Amphitheater  
Kefalari Square, Athens, Greece**



**ΟΜΙΛΟΣ ΙΑΤΡΙΚΟΥ  
ΑΘΗΝΩΝ**

*Πάντα ένα βήμα μπροστά!*

**The Panhellenic Medical Association will grant credit points  
of Continuing Medical Education (CME-CPD)**

**Course Manager**

**Ioannis Magras**

**Professor of Neurosurgery**

**[www.dhss.gr](http://www.dhss.gr)**

### **SECRETARIAT**

**Premium Congress & Social Events Solutions**

47 Vas. Irakliou | GR 54623 | Thessaloniki, Greece

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E-mail: [conference1@premium-events.gr](mailto:conference1@premium-events.gr), FB: Premium Events

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## FACULTY

**CHAIRMAN** Konstantinos Paterakis

**FACULTY** Alkinoos Athanasiou  
Dimosthenis Bouramas  
Alexandros Brotis  
Ioannis Gelalis  
Arion Kapinas  
Nikolaos Paidakakos  
Elias Papadopoulos  
Konstantinos Paterakis  
Konstantinos Spanakis  
Stavros Stavridis  
Parmenion Tsitsopoulos

### 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

## SCIENTIFIC PROGRAMME

### Module 2: Degenerative Diseases of the Spine

#### Friday, 6 May 2022

08:30 - 09:00	Course Registration & Welcome Coffee
09:00 - 11:00	<b>Session 1: Cervical and Lumbar: Hearniated 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 K. Spanakis
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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6-7 May 2022

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13:30 - 14:30	<b>Session 3: Cervical and thoracic myelopathy</b>
13:30 - 13:45	Imaging Myelopathy: Techniques & Prognostic Indicators K. Spanakis
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
14:30 - 15:00	<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
15:30 - 16:30	<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 N. Paidakakos Case Discussion
16:30 - 17:00	<b>Session 6: Degenerative Adult deformity</b>
16:30 - 16:50	Degenerative Lumbar Deformity E. Papadopoulos
16:50 - 17:00	Case Discussion

## GENERAL INFORMATION

### Module

Module 2: Degenerative Diseases Of The Spine

### Registration Fee

Module 2: 300 euros

Module 2 and 5: 500 euros

### Course Date

6 May 2022

### Course Language

English

### Accreditation

The Panhellenic Medical Association grants 15 credit points of Continuing Medical Education (CME-CPD)

### Course venue

Athens Medical Group Amfitheater  
Kefalari Square, Athens, Greece

### Organization

Hellenic Spine Society

### Course Secretariat

Premium Congress & Social Events Solutions

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# Diploma of the Hellenic Spine Society

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## MODULE 5: TUMORS AND INFLAMMATORY DISEASES OF THE SPINE

6-7 May 2022

### Course Manager

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## MODULE 5: TUMORS AND INFLAMMATORY DISEASES OF THE SPINE

6-7 May 2022

### Course Manager

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## FACULTY

**CHAIRMAN** Spiliotopoulos Athanasios

**FACULTY** Apostolou Thomas  
Bouramas Dimos  
Hadgaonkar Shailesh  
Iliadou Kornilia  
Kotsa Kalliopi  
Paterakis Konstantinos  
Patsalas Ioannis  
Spiliotopoulos Athanasios  
Stavridis Stavros  
Toulios Petros  
Tsitsopoulos Parmenion  
Tsolpidis Paschalis  
Voulgaris Spyridon

## LEARNING OUTCOMES:

### SESSION 1 - VERTEBRAL OSTEOMYELITIS

#### Evidence Based Medicine

- Explain the aetiology of vertebral osteomyelitis including: bacterial, tuberculous, and fungal
- Describe the pathogenesis including venous route, arterial inoculation and iatrogenic direct extension
- Anticipate the routes of spread: vertebral body & intervertebral disc

#### Symptoms & Diagnosis

- Recognise the signs and symptoms of vertebral osteomyelitis
- Identify the risk factors (immunodeficiency etc)
- Select appropriate investigations
- Distinguish on MRI and x-ray the key features that define and contrast both pyogenic and tuberculous spinal lesions

#### Conservative Management & Indications for Surgical Treatment

- Evaluate options for conservative treatment
- Compare absolute and relative indications for conservative treatment

#### Surgical Management of Spinal Infections

- Formulate a plan for infection specific treatment
- Anticipate complications
- Plan appropriate management
- Appraise current evidence concerned with spondylitis outcome and prognosis

#### Case Discussion

### SESSION 2 - RHEUMATOID DISEASE

#### Etiology, Pathogenesis, Symptoms, Diagnosis

- Explain the aetiology of rheumatoid disease
- Describe the pathogenesis relating rheumatoid disease and joint changes
- Recognise the signs and symptoms
- Select and interpret appropriate investigations and imaging
- Recognise signs of the rheumatoid spine ankylosing spondylitis

#### Stabilizing & Corrective Surgery of the Spine

- Describe indications for corrective surgery for ankylosing spondylitis
- Diagnose occipito-atlantoaxial complex and subaxial cervical spine
- Differentiate between horizontal and vertical atlantoaxial instability

#### Diagnosis & Treatment of the Occipito- Atlantoaxial Complex

- Identify the commonly used radiographic lines and measurements for the C0 to C2 complex
- Plan appropriate treatment for C0 to C2 and sub- axial rheumatic neck problems
- Appraise current evidence regarding outcome and prognosis

#### Case Discussion



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### SESSION 3 - METABOLIC BONE DISEASES

#### Bone Disorders

- Paget's disease
- Rickets
- DISH (Forestier's disease)
- Metabolic bone disease Osteoporosis
- Outline the etiology of osteoporosis
- Diagnose osteoporosis using appropriate investigations

#### Surgical Considerations In Disorders of the Bone

- Evaluate treatment options
- Compare minimally invasive techniques including vertebroplasty, kyphoplasty and vertebral body stenting

#### Case Discussion

### SESSION 4 - TUMOURS OF THE AXIAL SKELETON

#### Primary benign tumours and tumour like lesions

##### Diagnosis and management

- Explain the aetiology of tumours and tumour like lesions
- Describe the pathogenesis relating to tumours and tumour like lesions
- Differentiate between primary benign tumours and tumour like lesions
- Select appropriate investigations, interpret results and stage tumour like lesions
- Evaluate treatment options
- Anticipate outcomes
- Formulate a plan for long term monitoring

#### Secondary malignant tumours

##### Diagnosis and management

- Justify the relative importance of combined tumour therapy including surgery, radiotherapy and chemotherapy
- Evaluate surgical options and results
- Formulate a multidisciplinary management plan
- Justify the risks, benefits and impact of radiotherapy and chemotherapy
- Evaluate surgical options
- Anticipate complications

#### Case Discussion

## SCIENTIFIC PROGRAMME

### MODULE 5: TUMORS & INFLAMMATORY DISEASE OF THE SPINE

SATURDAY, 7 May 2022

COURSE ATTENDANCE IS MANDATORY

**CHAIRMAN: SPILIOPOULOS ATHANASIOS**

08:30 - 09:00 Course Registration & Welcome Coffee

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#### 09:00 - 10:30 **Session 1: VERTEBRAL OSTEOMYELITIS**

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09:00 - 09:15 **Etiology, Pathogenesis, Routes of Spread**  
S. Stavridis

09:15 - 09:30 **Symptoms & Diagnosis**  
S. Stavridis

09:30 - 09:45 **Conservative Treatment & Indications for Surgical Treatment**  
P. Tsitsopoulos

09:45 - 10:00 **Surgical Management of Spinal Infections**  
S. Hadgaonkar

10:00 - 10:30 **Case Discussion**

10.30 - 11.00 Coffee break

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#### 11:00 - 12:45 **Session 2: RHEUMATOID DISEASE**

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11:30 - 11:45 **Etiology, Pathogenesis, Symptoms, Diagnosis**  
K. Iliadou

11:45 - 12:00 **Stabilizing & Corrective Surgery of the TL Spine (Especially Ankylosing Spondylitis)**  
K. Paterakis

12:00 - 12:15 **Diagnosis & Treatment of the Occipito Atlantoaxial Complex**  
D. Bouramas

12:15 - 12:45 **Analysis and discussion of a surgical procedure (Video)**  
D. Bouramas

12.45 - 13.15 Lunch break

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<b>13:15 - 14:30</b>	<b>Session 3: METABOLIC BONE DISEASES</b>
<b>13:15 - 13:30</b>	<b>Bone Disorders</b> K. Kotsa
<b>13:30 - 13:45</b>	<b>Osteoporosis (Etiology, Diagnosis, Drug Therapy)</b> K. Kotsa
<b>13:45 - 14:00</b>	<b>Surgical Considerations in Disorders of the Bone</b> P. Tsolpidis
<b>14:00 - 14:30</b>	<b>Case Discussion</b>
<b>14:30 - 15:45</b>	<b>Session 4: PRINCIPLES OF SURGICAL TREATMENT</b>
<b>14:30 - 14:45</b>	<b>Benign Tumours and Tumour Like Lesions: diagnosis and management</b> Th. Apostolou
<b>14:45 - 15:00</b>	<b>Primary Malignant Tumours: diagnosis and management</b> A. Spiliotopoulos
<b>15:00 - 15:15</b>	<b>Secondary Malignant Tumours: diagnosis and management</b> P. Toullos
<b>15:15 - 15:45</b>	<b>Case Discussion</b>
<b>15:45 - 16:15</b>	Coffee break
<b>16:15 - 17:15</b>	<b>Session 5: TUMORS OF THE SPINAL CORD</b>
<b>16:15 - 16:30</b>	<b>Intradural extra medullary Tumours</b> S. Voulgaris
<b>16:30 - 16:45</b>	<b>Intramedullary Tumours</b> I. Patsalas
<b>16:45 - 17:15</b>	<b>Analysis and discussion of a surgical procedure (Video)</b>

## GENERAL INFORMATION

### Module

Module 5: TUMORS & INFLAMMATORY DISEASE OF THE SPINE

### Registration Fee

Module 5: 300 euros  
Module 2 and 5: 500 euros

### Course Date

7 May 2022

### Course Venue

Athens Medical Group Amfitheater  
Kefalari Square / Athens, Greece

### Course Language

English

### Accreditation

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## NOTES

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