



Hellenic
Spine
Society

Diploma of the Hellenic Spine Society

(equivalent to the Eurospine Diploma)

MODULE 1: BASIC COMPREHENSIVE COURSE
MODULE 2: DEGENERATIVE SPINE

6-7 May 2018

Athens Medical Group Amfitheater
Kefalari Square, Athens, Greece

Course Manager

Ioannis Magras
Associate Professor of Neurosurgery

www.dhss.gr

SCIENTIFIC
PROGRAMME



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FACULTY

A. Brotis
A. Syngelakis
P. Zouboulis
A. Karantanas
D. Bouramas
A. Kapinas
E. Papadopoulos
S. Papastefanou
E. Samoladas
K. Paterakis
S. Stavridis
A. Samelis
Th. Palaiologos
I. Gelalis
I. Magras

SCIENTIFIC PROGRAMME,
MODULE 1: BASIC COMPREHENSIVE COURSE / SUNDAY, 06 MAY 2018
COURSE ATTENDANCE IS MANDATORY

8.30-9.00 Course Registration & Welcome Coffee

9.00-10.00 / SESSION 1: SPINE THE BIGGER PICTURE

- 9.00-9.20 Evidence Based Medicine**
A. Brotis
- 9.20-9.40 Epidemiology & Economics**
A. Syngelakis
- 9.40-10.00 Ergonomics & Psychosocial Aspects**
P. Zouboulis
- 10.00-10.30 Coffee Break

10.30-12.30 / SESSION 2: THE FUNCTIONAL SPINE

- 10.30-10.50 Radiology Imaging**
A. Karantanas
- 10.50-11.10 Biomechanics**
D. Bouramas
- 11.10-11.30 The Young Spine**
A. Kapinas
- 11.30-11.50 The Old Spine**
E. Papadopoulos
- 11.50-12.30 Case Discussion**
- 12.30-13.30 Lunch Break

13.30-15.30 / SESSION 3: CLINICAL EVALUATION

- 13.30-13.50 Case Discussion: Recognising Serious Spine Disorders: red Flags**
S. Papastefanou
- 13.50-14.10 Communication skill**
E. Samoladas
- 14.10-14.30 Consenting skills exercise**
S Papastefanou
- 14.30-14.50 Top Tips For Clinical Examination**
K. Paterakis
- 14.50-15.10 Safety & Ethics**
S. Stavridis
- 15.10-15.30 Case Discussion**
- 15.30-16.00 Coffee Break

16.00-17.30 / SESSION 4: EMERGENCIES

- 16.00-16.20 Trauma. Evaluation. Transport**
A. Samelis
- 16.20-16.40 Acute Cord Compression**
Th. Palaiologos
- 16.40-17.00 Cauda Equina Syndrome**
I. Gelalis
- 17.00-17.20 Case Discussion: Systemic Diseases & The Spine**
E. Papadopoulos
- 17.20-17.30 Case Discussion**

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

- 8.30-9.00 Course Registration & Welcome Coffee

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

- 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

11.30-12.30 / SESSION 2: LUMBAR SPINAL STENOSIS

- 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

13.30-14.30 / SESSION 3: CERVICAL AND THORACIC MYELOPATHY

- 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

14.30-15.00 / SESSION 4: SPONDYLOLYSIS AND SPONDYLOLISTHESIS

- 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**