



Save the date June 11-12, 2018

Spinal Instructional Course in Reykjavik, Iceland, June 11th and 12th 2018 in connection to the NOF 2018 Conference.

Target Group: Residents, Fresh Specialists with interest in Spinal disorders and Trauma, Up-dating for Specialists

Faculty:

Helena Brisby, *Gothenburg*

Peter Försth, *Uppsala*

Halldór Jónsson jr, *Reykjavik*

Bjarni Valtýsson, *Riyadh*

Magnús Ólason, *Reykjavik*

Christian Hellum, *Oslo*

Björn Zoëga, *Stockholm*

Moderators: Ragnar Jónsson, Halldór Jónsson jr.

Monday June 11, 2018

17.00-17.30 Introduction. Diagnostic tests. Applied anatomy

Halldor Jonsson Jr

17.30-18.00 Spinal imaging. Principles and pitfalls.

Radiologist

18.00-18.30 Pathophysiology of spinal & nerve root pain

Helena Brisby

18.30-19.00 Spinal Pain: Epidemiology & life style factors

Magnus Ólason

Tuesday June 12, 2018

08.00-08.30 Clin investigations, correlation with symptoms & imaging

Halldor Jonsson Jr

08.30-09.00 Nonoperative treatment of chronic cervical and lumbar pain

Magnus Ólason

09.00-09.30 Acute and chronic cervical axial and nerve root pain, herniated disc of the cervical spine. Diagnosis and treatment

Björn Zoëga

09.30-10.00 Lumbar spinal stenosis. Diagnosis, and state of the art for surgery

Peter Försth

10.00-10.20 COFFEE.

10.20-10.50 Herniated disc of the lumbar spine. Diagnosis, treatment and state of the art for Surgery.

Christian Hellum

10.50-11.20 Spondylolisthesis. Classification, Etiology, Epidemiology. Diagnosis and treatment.

Peter Försth

11.20-11.50 Evidence based treatment and mini-invasive modalities of chronic lumbar and cervical pain.

Bjarni Valtýsson

11.50-12.30 LUNCH

12.30-13.00 Lumbar and thoracic spinal injuries. Conservative and operative treatment.

Halldor Jonson Jr

13.00-13.30 Cervical injuries. Conservative and operative treatment.

Björn Zoëga

13.30-14.00 Surgery for chronic lumbar pain.

Christian Hellum

14.00-14.30 Surgical complications, postoperative infection and neurological complications. How to avoid, diagnose and treat.

From faculty

14.30-15.00 Patients with spinal problems. When is a referral to a spinal surgeon indicated.

Helena Brisby

15.00-15.20 COFFEE.

15.20-16.40 Clinical cases and imaging

Smaller groups, one faculty member/group.

16.40-17.00 Take home message control. Closing remarks. Course evaluation formula.

Ragnar Jonsson