

# AO Spine Principles Seminar— Degenerative Spine

October 29–30,  
2020

Ljubljana,  
Slovenia

EVENT PROGRAM



Advancing  
spine care  
worldwide



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## Mission

The AO's mission is promoting excellence in patient care and outcomes in trauma and musculoskeletal disorders.

## Purpose statement

The global academic spine community promoting excellence in patient care and outcomes

## The AO Spine principles

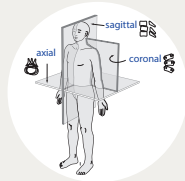
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### Stability

Stabilization to achieve a specific therapeutic outcome

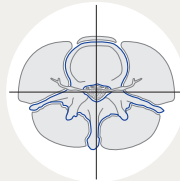
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### Alignment

Balancing the spine in three dimensions

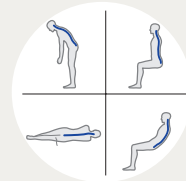
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### Biology

Etiology, pathogenesis, neural protection, and tissue healing

4



### Function

Preservation and restoration of function to prevent disability

## Welcome

### Dear AO Spine Seminar participant,

On behalf of AO Spine it is a great pleasure to invite you to AO Spine Principles Seminar dealing with degenerative conditions of the spine. The seminar will take place in Ljubljana, an ancient city raised in Roman times and nowadays the capital of Slovenia.

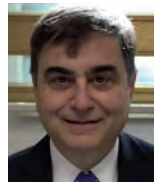
As the population gets older, the frequencies of degenerative skeletal conditions are gaining ground, thereby presenting an important challenge to orthopedic surgeons as well as a substantial economic burden to the society. Degenerative spine conditions represent by far the most frequent pathology affecting the spine. It is our aim and intent to present various aspects of management of degenerative spine pathology to orthopedic surgeons and neurosurgeons with up to 3 years of experience on the field.

National and regional faculty have been chosen meticulously to meet seminar objectives and the needs of participants.

Sincerely yours



**Rok Vengust**  
Ljubljana University  
Medical Centre  
Clinic of Orthopedic  
Surgery  
Ljubljana, Slovenia



**Ufuk Aydinli**  
Verom Spine Center  
Bursa, Turkey

## Event description

This day and a half case based seminar is dealing with degenerative conditions of lumbar and cervical spine.

Basic knowledge of spine degeneration will be presented first, followed by description of most frequent degenerative pathology along with guidelines for their management.

Different approaches to the spine and instrumentation techniques will be delineated in detail.

Complications related to approach and instrumentation will also be outlined along with instructions for their prevention and management.

## Target participants

This event is targeted at certified surgeons with up to 3 years of experience in spine surgery, who are aiming to further improve their knowledge and/or specialization in the management of degenerative conditions of the spine.

## Learning objectives

At the end of this course, participants will be able to:

- Select appropriate approach for specific lumbar pathology
- Identify and prevent perioperative approach and instrumentation related complications
- Select relevant surgical approach and treatment for degenerative conditions of cervical spine

## Chairperson



**Rok Vengust**  
Ljubljana University  
Medical Centre  
Clinic of Orthopedic  
Surgery  
Ljubljana, Slovenia

## Educational Advisor



**Ufuk Aydinli**  
Verom Spine Center  
Bursa, Turkey

## Regional faculty

**Vide Bilić**  
**Igor Kaftandžijev**

Clinical Hospital Center “Sestre milosrdnice”, Zagreb, Croatia  
PHI University Clinic of Traumatology, Skopje, Republic of North  
Macedonia

## National faculty

**Gregor Rečnik**  
**Miha Vodičar**  
**Matjaž Voršič**

University Hospital Maribor, Maribor  
University Medical Centre Ljubljana, Ljubljana  
University Hospital Maribor, Maribor

# Thursday

October 29, 2020

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08:30–09:00	Participants registration	
09:00–09:15	Welcome and Introduction to AO Spine	R Vengust U Aydinli

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## Degenerative spine I

**Moderator: G Rečnik**

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09:15–09:30	Lecture: Physiology of spine	M Vodičar
09:30–09:35	Case presentation	M Vodičar
09:35–09:50	Group discussions	all
09:50–10:05	Lecture: Pathology	G Rečnik
10:05–10:20	Lecture: Imaging of degenerative pathology	J Koder (guest lecturer)
10:20–10:30	Case solution	M Vodičar
10:30–11:00	Coffee break	

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## Degenerative spine II

**Moderator: V Bilić**

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11:00–11:05	Case presentation	I Kaftandžev
11:05–11:20	Group discussions	all
11:20–11:35	Lecture: Lumbar spinal stenosis	M Voršič
11:35–11:50	Lecture: Degenerative spondylolisthesis	M Vodičar
11:50–12:00	Case solution	I Kaftandžev
10:50–11:15	Coffee break	

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## **Surgical approaches to lumbar spine**

**Moderator: G Rečnik**

12:00–12:05	Case presentation	M Vodičar
12:05–12:20	Group discussions	all
12:20–12:35	Lecture: Posterior lumbar approaches	I Kaftandijev
12:35–12:50	Lecture: Anterior approaches to lumbar spine	V Bilić
12:50–13:00	Case solution	M Vodičar
13:00–14:00	Lunch	

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## **Instrumentation techniques**

**Moderator: I Kaftandijev**

14:00–14:05	Case presentation I	M Vodičar
14:05–14:20	Group discussions	all
14:20–14:40	Lecture: Posterior lumbar instrumentation	M Voršič
14:40–14:50	Case solution	M Vodičar
14:50–14:55	Case presentation II	M Vodičar
14:55–15:10	Group discussions	all
15:10–15:25	Lecture: TLIF	G Rečnik
15:25–15:40	Lecture: ALIF	V Bilić
15:40–15:50	Case solution II	M Vodičar
15:50–16:00	Take-home message	
16:00–16:30	Participants cases	

# Friday

October 30, 2020

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## Isthmic spondylolisthesis

**Moderator: M Vodičar**

09:00–09:05	Case presentation	G Rečnik
09:05–09:20	Group discussions	all
09:20–09:35	Lecture: Pathology, conservative measures and pars repair	G Rečnik
09:35–09:50	Lecture: instrumented fusion for low grade isthmic spondylolisthesis	V Bilić
09:50–10:00	Case solution	G Rečnik

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## Perioperative complications

**Moderator: G Rečnik**

10:00–10:05	Case presentation	V Bilić
10:05–10:20	Group discussions	all
10:20–10:35	Lecture: Approach related complications	I Kaftandijev
10:35–10:50	Lecture: Instrumentation related complications	M Vodičar
10:50–11:00	Case solution	V Bilić
11:00–11:30	Coffee break	

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## Degenerative cervical spine

**Moderator: M Voršič**

11:30–11:35	Case presentation	M Vodičar
11:35–11:50	Group discussions	all
11:50–12:05	Lecture: Surgical approaches to cervical spine	G Rečnik
12:05–12:20	Lecture: ACDF	V Bilić
12:20–12:30	Case solution	M Vodičar
12:30–12:45	Take home message	R Vengust
12:45–13:00	Evaluation and Certificates	

## Event organization

### **AO Spine**

Catherine Antonetti  
Project Manager  
Dübendorf, Switzerland  
Phone +49 173 740 09 30  
Fax +49 761 21 41 38 99  
E-mail [cantonetti@aospine.org](mailto:cantonetti@aospine.org)  
[www.aospine.org](http://www.aospine.org)

### **AO funding sources**

Unrestricted educational grants from different sources are collected and pooled together centrally by the AO.  
All events are planned and scheduled by local and regional AO surgeon groups based on local needs assessments.  
We rely on industrial commercial partners for in-kind support to run simulations and/or skills training if educationally necessary.

## Event information and logistics

### **AO Courses (Slovenia)**

Špela Petelinkar  
Phone +386 1 230 84 65  
Fax +386 1 230 84 59  
E-mail [spela.petelinkar@aocourses.org](mailto:spela.petelinkar@aocourses.org)

### **Event organization compliance**

In certain countries where AO has no office but offers educational events, the AO cooperates with third party companies to conduct local organization and logistics, as well as to communicate with participants in the local language. In these cases, the AO has put rules and guidelines in place to ensure that this cooperation has no impact on the curricula, scientific program, or faculty selection.

# General information

## Event fee

AO Spine non-member: EUR 350

AO Spine member: EUR 315

Included in the event fee are conference bag with documentation, coffee breaks, lunch, get-together, seminar certificate.

## European CME Accreditation and Compliance

An application has been made to the UEMS-EACCME® in Brussels for CME accreditation of this event.

An application will be made to MedTech for compliance approval of this event.

## Disclosures and conflicts of interest

Disclosure information and potential conflicts of interest (COI) can be viewed at the event webpage.

## Evaluation guidelines

All AO Spine events apply the same evaluation process, which includes pre- and post-event online evaluation and on-site written questionnaires. These evaluation tools help ensure that AO Spine continues to meet your training needs.

## Intellectual property

Event materials, presentations, and case studies are the intellectual property of the event faculty.

All rights are reserved. For more information, please see: [www.aofoundation.org/legal](http://www.aofoundation.org/legal).

**Recording, photographing, or copying lectures, practical exercises, case discussions, or any event materials is strictly forbidden. Participants violating intellectual property will be dismissed.**



The AO Foundation reserves the right to film, photograph, and audio record during its events. Participants must understand that in this context they may appear in these recorded materials. The AO Foundation assumes participants agree that these recorded materials may be used for the AO's marketing and other purposes, and that they may be made available to the public.

## Security

Security checks will be conducted at the building entrance. Wearing a name tag is compulsory at all times in the congress center and hospital.

## No Insurance

The event organization does not take out insurance to cover any individual against accident, theft, or other risks.

## Use of mobile phones

Use of mobile phones is not permitted in the lecture halls or in other rooms during educational activities. Please be considerate of others by turning off your mobile phone.

## Dress code

Casual

## Event language

English

## Event venue

### **Best Western Premier Hotel Slon**

Slovenska cesta 34

1000 Ljubljana

Phone +386 1 470 11 00

<https://www.hotelslon.com/en-gb>



## Sponsors

We thank our major industry partner DePuy Synthes and Metalka Media for contributing in-kind support, (logistics) and an inconditionnal support grant without which this event would not be possible.



# Principles of AO educational events

## 1. Academic independence

Development of all curricula, design of scientific event programs, and selection of faculty are the sole responsibilities of volunteer AO network surgeons.

All education is planned based on needs assessment data, designed and evaluated using concepts and evidence from the most current medical education research, and reflects the expertise of the AO Education Institute ([www.aofoundation.org](http://www.aofoundation.org)).

Industry participation is not allowed during the entire curriculum development and planning process to ensure academic independence and to keep content free from bias.

## 2. Compliance to accreditation and industry codes

All planning, organization, and execution of educational activities follow existing codes for accreditation of high-quality education:

- Accreditation Criteria of the Accreditation Council for Continuing Medical Education, US ([www.accme.org](http://www.accme.org))
- ACCME Standards for Commercial Support: Standards to Ensure Independence in CME Activities ([www.accme.org](http://www.accme.org))
- Criteria for Accreditation of Live Educational Events of the European Accreditation Council for Continuing Medical Education ([www.uems.eu](http://www.uems.eu))

Events that receive direct or indirect unrestricted educational grants or in-kind support from industry also follow the ethical codes of the medical industry, such as:

- Eucomed Guidelines on Interactions with Healthcare Professionals ([www.medtecheurope.org](http://www.medtecheurope.org))
- AdvaMed Code of Ethics on Interactions with Health Care Professionals ([advamed.org](http://advamed.org))
- Mecomed Guidelines on Interactions with Healthcare Professionals ([www.mecomed.org](http://www.mecomed.org))

## 3. Branding and advertising

No industry logos or advertising (apart from the AO Foundation and its clinical divisions) are permitted in the area where educational activities take place.

Sponsors providing financial or in-kind support are allowed to have a promotional booth or run activities outside the educational area with approval from the event chairperson.

## 4. Use of technologies and products in practical sessions

In case practical sessions are chosen as an educational method to educate skills, the technologies and products used have been approved or reviewed by the AO Technical Commission—a large independent group of volunteer surgeons developing and peer-reviewing new technology on behalf of the AO Foundation.

Any technology and/or products used in the practical sessions of this event have been found suitable to serve the defined educational purposes.

This does not imply any statement about its use and performance in actual clinical scenarios.

More information on the AO Technical Commission can be found on the AO's website: [www.aofoundation.org/tc](http://www.aofoundation.org/tc).

## 5. Personnel

Industry staff members are not permitted to interfere with the educational content or engage in educational activities during the event.

# AO Spine membership

## Join our global spine care community



Gain access to numerous privileges, including the most advanced educational programs, a worldwide network of professionals, and the highest quality of research carried out by experts and key opinion leaders in spine care.

**Apply**

for membership  
[www.aospine.org](http://www.aospine.org)



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