



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