NYU Hospital for Joint Diseases

Comprehensive Spine Course

PART I - THURSDAY, NOVEMBER 11, 2010
PART II - FRIDAY, NOVEMBER 12, 2010
PART III - THURSDAY, MARCH 3, 2011
PART IV - FRIDAY, MARCH 4, 2011

NYU Langone Medical Center
Farkas Auditorium • New York, NY
TARGET AUDIENCE

COURSE DESCRIPTION / STATEMENT OF NEED
The proper knowledge base is essential in providing the most accurate diagnosis and treatment of spinal disorders. The treatment of spinal pain varies amongst practitioners. Spine patient care can be improved by incorporating cutting edge knowledge of conservative, surgical, alternative, and rehabilitative treatments into the day-to-day practice. This four-part series is a comprehensive review of four stages of the spine care continuum: examination, evaluation and diagnosis; therapeutic interventions; spinal injections; surgical interventions. The sections of this course will focus on a comprehensive knowledge of the basic science of spinal disorders, improving the diagnostic and therapeutic accuracy, exploring therapeutic options that lead to common pitfalls in patient care and proper decision making in surgical referrals. The program will focus on the application of practical experience, and didactic knowledge to improve the practitioner’s knowledge base and diagnostic therapeutic accuracy. Discussion with the faculty through the case study sessions will allow the participant to discuss the details of decision making in spinal care. The course will be divided into four parts which will enable the participant to comprehensively explore the diversity of options available in the care of spinal disorders.

EDUCATIONAL OBJECTIVES
Part I: Examination, Evaluation & Diagnosis
• Describe the role of MRI, Electrodiagnosis and non-MRI Imaging in the evaluation of spinal disorders as well as evidence-based strategies for interpreting these and other diagnostic procedures
• Develop a systematic method for physical examination of the lumbar spine, and lower extremity as well as cervical spine and upper extremity
• Determine how to identify specific lesions responsible for patient’s chief complaint & functional impairment
• Create strategies to assess integrity and performance of involved tissues and structures
• Describe how to determine patient’s functional ability during daily occupational & recreational activities
• Develop diagnostic strategies for osteoporosis including when to order tests and which ones, as well as strategies for interpreting radiologists reports
• Describe how osteoporosis can affect patient function and strategies for treatment decisions using medication and/ or surgery
• Identify signs and symptoms of lumbar disc herniation, spondylolisthesis and spinal stenosis

Part II: Therapeutic Intervention
• Use an evidence-based approach for selection of non-surgical therapeutic intervention for patients with spinal pain
• Devise strategies to best assess and treat patients with neck pain based on their symptoms, radiographic studies and physical findings
• Assess the goals of pharmacologic treatment in chronic pain
• Discuss the role of active physical therapy for low back disorders

Part III: Spinal & Peripheral Injections
• Base patient selection for spinal injections on an established risk/benefit ratio
• Discuss interventional pain management outcome measures
• Update process of diagnosis of cervical myelopathy and radiculopathy based on discussion of the role of electromyography
• Select injections based on clinical evidence as well as understanding of the origin of the pain generator
• Describe the new surgical approaches to treating cervical DDD and create strategies for selecting the best approach for patients

Part IV: Surgical Intervention
• Describe the impact of new diagnostic and treatment techniques available in the area of pediatric scoliosis care
• Explain the evidence-based goals for surgical treatment in the treatment of adult scoliosis
• Decrease treatment failures and costs in conservative therapy and surgical therapy by incorporating best practice and best literature evidence into the daily practice
• Explain how to accomplish the same surgical objective as traditional, open surgery through a less traumatic approach (minimally invasive) that preserves the surrounding soft tissue
NYU School of Medicine is located in a predominantly residential area on the east side of Manhattan.

PHOTO IDENTIFICATION IS REQUIRED TO ENTER THE MEDICAL CENTER.

PLEASE NOTE:
• Online Registration Preferred
• Telephone registration is not accepted.
• Applications will be accepted in order of their receipt.

Registration Office:
NYU Post-Graduate Medical School
Murray Hill Station, P.O. Box 1835
New York, NY 10016
Phone: (212) 263-5295
Fax: (212) 263-5293
Visit our website at http://cme.med.nyu.edu/spine to submit online registration.

ACCREDITATION STATEMENT
The NYU Post-Graduate Medical School is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

Credit Designation Statement
The NYU Post-Graduate Medical School designates this educational activity for a maximum of 29.50 AMA PRA Category 1 Credits™.

Physicians should only claim credit commensurate with the extent of their participation in the activity.

Part I: Examination, Evaluation & Diagnosis, 7.25 AMA PRA Credits
Part II: Therapeutic Intervention, 7.75 AMA PRA Credits
Part III: Spine & Peripheral Injections, 7.00 AMA PRA Credits
Part IV: Surgical Intervention, 7.50 AMA PRA Credits

The NYU Hospital for Joint Diseases is a New York State Education Department approved provider for physical therapy continuing education. The NYU Hospital for Joint Diseases designates this activity for a maximum of 36.40 Contact Hours (11/11: 9.2, 11/12: 9.5, 3/3: 8.6, 3/4: 9.1).

The New York Chiropractic College is a New York State Education Department approved provider for chiropractic continuing education. The New York Chiropractic College designates this activity for a maximum of 29.50 CE Credit Hours. (11/11-11/12: 15 credits; 3/3-3/4: 14.5 credits). Only New York State licensed Chiropractors are eligible for CE Credit. A fee of $27.50 per weekend will be assessed upon request of CE credits by the NYCC.

DISCLOSURE STATEMENT
The NYU Post-Graduate Medical School adheres to the ACCME Essential Areas and policies, including the Standards for Commercial Support, regarding industry support of continuing medical education.

In order to resolve any identified Conflicts of Interest, disclosure information is provided during the planning process to ensure resolution of any identified conflicts. Disclosure of faculty and commercial relationships as well as the discussion of unlabeled or unapproved use of any drug, device or procedure by the faculty will be fully noted at the meeting.

PARKING
There is street parking on 29th and 30th Streets between First and Second Avenues as well as at the Schwartz Health Care Center garage on First Avenue and 30th Street.

For more information visit our website at http://www.med.nyu.edu/contact/directions/parking.html

HOTEL ACCOMMODATIONS
Rooms are in very heavy demand in New York City; we urge you to make your reservations early. You may obtain a list of hotels located near NYU School of Medicine by visiting our website, http://cme.med.nyu.edu/travel/hotels-lodging
Program Schedule

THURSDAY, NOVEMBER 11, 2010

Part I: Examination, Evaluation & Diagnosis
SECTION DIRECTOR: Anthony Petrizzo, DO
7:15 Registration and Continental Breakfast
8:00 Welcome & Introduction: Gerard P. Varlotta, DO

Basic Science & Spinal Evaluation
MODERATOR: Anthony Petrizzo, DO
8:10 Basic Science of the Degenerative Spine - Anthony Petrizzo, DO
8:30 Differential Diagnosis of Cervical & Lumbar Spine Disorders - Michael T. Murray, MD
8:50 Examination & Evaluation of Neck Pain - Scott Duke, DC
9:05 Examination & Evaluation of Lower Back Pain - Jeffrey Perry, DO
9:20 Examination & Evaluation of Radiculopathy - Kiril Kiprovski, MD
9:35 COFFEE BREAK

MODERATOR: Gerard P. Varlotta, DO
10:00 Biomechanics of the Spine: Clinical Relevance - Antonio Valdevit, PhD
10:15 Posture, Balance in Spinal Disorders - Virginie LaFage, PhD
10:30 Chiropractic Assessment of Patients with Spinal Pain - Scott Duke, DC, DACBSF
10:50 Adolescent Scoliosis: Clinical & Radiographic Assessment - Baron S. Lonner, MD
11:15 Adult Scoliosis: Clinical & Radiographic Assessment - Frank Schwab, MD
11:40 Translating Research into a Clinical Spine Practice - Angela M. Lis, PhD
12:00 QUESTIONS & ANSWERS - Faculty
12:15 LUNCH

Spinal Imaging
MODERATOR: Leon D. Rybak, MD
1:15 Non-MRI Imaging Evaluation of Cervical & Lumbar Spine: Utilization of X-Rays, CT Scan, Nuclear Medicine and Ultrasound - Gina Ciavarra, MD
1:35 MRI Evaluation of Cervical & Lumbar Spine Disorders: What to look for - Michael B. Mechlin, MD
1:55 Clinical Findings & Imaging Correlation - Leon D. Rybak, MD and Gerard P. Varlotta, DO
2:15 Case Discussion & Interpretation of MRI Scans - Gina Ciavarra, MD; Michael B. Mechlin, MD and Leon D. Rybak, MD
3:00 COFFEE BREAK

Medical & Neurological Assessment
MODERATOR: Jeffrey Perry, DO
3:40 Electrodagnostic Testing in Spinal Disorders: When to order & how to interpret the report - Cristina Drafta, MD
4:00 Interventional Diagnostic Procedures: Nerve Blocks & Discography - Steven Calvino, DO
4:15 Diagnosis of Osteopenia & Osteoporosis - Stephen Honig, MD
4:35 Natural History, Signs & Symptoms: Rheumatic Diseases & Myofascial Pain - Brian D. Golden, MD
4:55 Neurological Diagnoses that Mimic Spinal Disorders - Ludmilla Branfin, MD
5:15 QUESTIONS & ANSWERS - Faculty
5:30 ADJOURN

FRIDAY, NOVEMBER 12, 2010

Part II: Therapeutic Intervention
SECTION DIRECTOR: Gerard P. Varlotta, DO
7:00 Registration and Continental Breakfast
7:45 Welcome & Introduction: Steven Flanagan, MD

Pharmacological Management
MODERATOR: Gerard P. Varlotta, DO
8:00 Therapeutic Approach to Spinal Disorders - Gerard P. Varlotta, DO
8:15 Pharmacological Management of Spinal Pain: Narcotic - Christopher Ghariba, MD
8:35 Pharmacological Management of Spinal Pain: Non-Narcotic - Juan C. Robles, MD
8:55 Preventing Addiction & Management of the Addicted Patient - Marianne T. Guschwan, MD
9:15 Pharmacological Management of Osteoporosis - Stephen Honig, MD
9:35 QUESTIONS & DISCUSSION - Faculty
9:50 COFFEE BREAK

Alternative Management & Functional Assessment
MODERATOR: Juan C. Robles, MD
10:10 Non-operative Treatment of Cervical Myelopathy & Radiculopathy - Todd R. Lefkowitz, DO
10:30 Alternative Medicine Treatment in Spinal Disorders: Application of Science to the Art - Alex Moroz, MD
10:50 Psychosocial Management of the Patient with Chronic Lower Back Pain - Matthew Smith, PhD
11:10 Functional Restoration, Work Hardening & Return to Work Programs - Angela M. Lis, PhD
11:30 Assessment of Disability - Juan C. Robles, MD
11:45 QUESTIONS & ANSWERS - Faculty
12:00 LUNCH

Therapeutic Application
MODERATOR: Gerard P. Varlotta, DO
1:00 Physical Therapy for Cervical Spine Disorders - William Oswald, DPT, Cert. MDT
1:20 Physical Therapy for Lumbar Spine Disorders - Mia R. Palazzo, PT, DPT, Cert. MDT
2:00 Chiropractic Therapy for Spinal Disorders: Principles & Application of Active Release Therapy - Peter Duggan, DC
2:20 Physical Training of Athletes with Spinal Disorders - Joseph Bonay, MD, CSCS
3:10 Return to Sports Participation with Spinal Disorders - Joseph Bonay, MD, CSCS
3:30 COFFEE BREAK

CASE DISCUSSIONS
MODERATOR: Gerard P. Varlotta, DO
PRESENTER: Juan C. Robles, MD
3:45 Cervical Spine Disorders - Faculty
4:15 Lumbar Spine Disorders - Faculty
4:45 Return to Sports - Faculty
5:15 ADJOURN
**THURSDAY, MARCH 3, 2011**

**Part III: Therapeutic Intervention: Spinal & Peripheral Injections**

**SECTION DIRECTOR:** Christopher Gharibo, MD

7:00 Registration and Continental Breakfast

7:45 Welcome & Introduction: Thomas J.J. Blank, MD, PhD

Professor and Chairman of Anesthesiology

**MODERATOR: Christopher Gharibo, MD**

8:00 How to Incorporate Injections into a Multidisciplinary Plan of Care - Gerard P. Varlotta, DO

8:20 Diagnostic & Therapeutic Value of Spinal Injections - Juan C. Robles, MD

8:40 Complication of Spinal Injections: Is there a Real Concern? - Christopher Gharibo, MD

9:00 Radiation Safety - Christopher Gharibo, MD

9:15 QUESTIONS & DISCUSSION - Faculty

9:30 COFFEE BREAK

9:45 Trigger Point Injections: Indications & Technique - Jeffrey Perry, DO

10:05 Sacroiliac Injections: Indications & Technique - Juan C. Robles, MD

10:20 Peripheral Joint Injections: Indications & Technique - Dennis A. Cardone, DO

10:40 Botulinum Toxin Injections for Myofascial Pain - Cristina Dafni, DO

10:55 IDET, Nucleoplasty, Biacuplasty: Are These Valid Treatment Options? - Gregory Kozakowski, MD

11:10 Sympathetic Blocks: What is the Value in Spinal Pain - Christopher Gharibo, MD

11:25 Indications & Efficacy of Spinal Cord Stimulators - Yong H. Kim, MD

11:40 QUESTIONS & DISCUSSION - Faculty

12:00 LUNCH

**MODERATOR: Gerard P. Varlotta, DO**

1:00 Epidural Steroid Injections: Translaminar vs. Transforaminal: Does the Approach Matter? - Christopher Gharibo, MD

1:30 Intra-articular Face Injections Including Facet Cyst Injections - Gerard P. Varlotta, DO

2:00 Median Branch Blocks & Rhizotomy - Gregory Kozakowski, MD

2:20 COFFEE BREAK

**CASE DISCUSSIONS: Indications & Injection Technique**

**MODERATOR: Christopher Gharibo, MD**

**PRESENTER: Juan C. Robles, MD**

2:40 Epidural Steroid Injections: Cervical - Faculty

3:10 Epidural Steroid Injections: Lumbar - Faculty

3:30 Face Blocks: Intra-articular & Cysts - Faculty

3:50 Median Branch Block & Rhizotomy - Faculty

4:10 QUESTIONS & DISCUSSION

4:30 ADJOURN

**FRIDAY, MARCH 4, 2011**

**Part IV: Surgical Intervention**

**SECTION DIRECTOR: John A. Bendo, MD**

7:00 Registration and Continental Breakfast

7:45 Welcome & Introduction: Joseph Zuckerman, MD Professor and Chairman of Orthopaedic Surgery

**MODERATOR: John A. Bendo, MD**

8:00 Indications for Surgical Management of Spinal Disorders - John A. Bendo, MD

8:10 Conventional, Microscopic, Endoscopic Surgical Treatment of Disc Herniations: Help or Hype? What are the Indications & are the Results Equal? - Michael L. Smith, MD

8:30 Overview of Motion Preservation Surgery: Minimally Invasive Techniques & Total Disc Replacement - Anthony Petrizzo, DO

**Lumbar Spine Disorders**

**MODERATOR: Jeffrey M. Spivak, MD**

8:50 Surgical Treatment of Spinal Stenosis - Jeffrey Klein, MD

9:10 Surgical Treatment of Degenerative Spondylolisthesis: Decompression, Fusion or Both - Jeffrey M. Spivak, MD

9:30 Lumbar Total Disc Replacement Surgery - John A. Bendo, MD

9:50 QUESTIONS & CASE DISCUSSIONS - Faculty

10:10 COFFEE BREAK

Surgical Treatment of Spinal Deformity

**MODERATOR: Frank Schwab, MD**

10:30 Outcomes of Adult Deformity Surgery - Virginie LaFage, PhD

10:50 Operative Management of Pediatric Deformities - Baron S. Lonner, MD

11:10 Surgical Treatment of Adult Degenerative Deformities - Frank Schwab, MD

11:30 QUESTIONS & CASE DISCUSSIONS - Faculty

12:00 LUNCH

**Cervical Spine Disorders**

**MODERATORS: Jeffrey A. Goldstein, MD**

**Michael L. Smith, MD**

1:00 Surgical Decision Making in Differentiating Cervical Radiculopathy from Upper Extremity Peripheral Nerve Compression - Themistocles S. Protopsaltis, MD

1:40 Operative Treatment of Cervical Spondylosis & OPLL - John A. Bendo, MD

2:00 Surgical Management of the Rheumatoid Spine - Ronald Moskovich, MD

2:20 Cervical Total Disc Replacement - Jeffrey A. Goldstein, MD

2:40 QUESTIONS & CASE DISCUSSIONS - Faculty

3:00 COFFEE BREAK

Traumatic & Atraumatic Spinal Surgery

**MODERATOR: Themistocles S. Protopsaltis, MD**

3:20 Traumatic Spinal Fracture Surgery - Themistocles S. Protopsaltis, MD

3:40 Surgical Interventions in Osteoporosis & the Compression Fracture - Michael T. Murray, MD

4:00 Surgical Management of Metastatic & Spinal Cord Tumors - Anthony K. Frempong-Boadu, MD

4:20 QUESTIONS & CASE DISCUSSIONS - Faculty

5:00 ADJOURN
Comprehensive Spine Course #807
Register online at: http://cme.med.nyu.edu/spine

I AM REGISTERING FOR:
☐ Part I: Examination, Evaluation & Diagnosis, November 11, 2010
☐ Part II: Therapeutic Intervention, November 12, 2010
☐ Part IV: Surgical Intervention, March 4, 2011

PLEASE PRINT CLEARLY

Name ____________________________________________
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Specialty _________________________________________
Degree ___________________________________________

On-site registrants will incur an additional $20 charge and will receive a receipt by email in 1-2 weeks.

COURSE FEES: Full Course (Parts I-IV): $600; Per Part: $200
Chiropractors and Physical Therapists: Please use CME Code PTCHIRO when registering to receive 25% off
Residents & Fellows: Please use CME Code RESIDENT when registering to receive 50% off

REFUND POLICY: An administrative charge of 30% of your tuition payment will be assessed for cancellations prior to October 11, 2010 and February 3, 2011. Cancellations must be in writing and postmarked no later than the above date (faxes and emails are not accepted). Cancellations will not be accepted after the above date.

COURSE CANCELLATION POLICY: In the unusual circumstance these courses are cancelled, two weeks notice will be given and tuition will be refunded in full. The NYU Post-Graduate Medical School is not responsible for any airfare, hotel or other costs incurred.

METHODS OF PAYMENT: (Cash and phone registration are not accepted.) If faxing, do not mail or refax, this will only result in a duplicate charge to your account.
☐ Check in U.S. Dollars only $ ____________
☐ Credit Card Payment (see below)
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(Foreign registrants, including those from Canada, must pay by International Postal Money Order or credit card): $ ____________

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Bill To: [ ] Visa [ ] MasterCard [ ] American Express
Credit Card Number ________________________________
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Card Member’s Name ____________________________________________ (Please print)
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MAKE CHECK PAYABLE TO: NYU Post-Graduate Medical School
SEND TO: Registration Office - NYU Post-Graduate Medical School
P.O. Box 1855, Murray Hill Station, New York, N.Y. 10016

After November 9 and March 1 only on-site registration available

Special needs or requests: _______________________________
Comprehensive Spine Course

November 11 & 12, 2010
March 3 & 4, 2011

Register online at:
http://cme.med.nyu.edu/spine