



Cervical and Lumbar

Spine Academy



28th February – 1st March 2025



Johnson & Johnson AG
Luzernstrasse 21
4528 Zuchwil

Course Overview

The Spine Academy comprises both cervical and thoracolumbar modules, with a primary emphasis on practical exercises. Additionally, participants are offered the opportunity to visit and observe practices at other participating hospitals. This fosters valuable exchange and networking among young doctors.

Target Group

Young doctors in the early years of residency with a focus on spine surgery, seeking to develop practical skills in cervical and thoracolumbar procedures.

Learning Objectives

- Understand key cervical and thoracolumbar pathologies and surgical approaches, including fusion and non-fusion techniques.
- Enhance hands-on skills in discectomy, corpectomy, decompression, and stabilization using ventral and dorsal approaches.
- Apply case-based reasoning to improve surgical decision-making and patient outcomes.



Dr. med. Martin Jäger
Kantonsspital Aarau



PD Dr. med.
Sebastian Bigdon
Spital Emmental

Agenda

28th February 2025

09:15 – 09:30

09:30 – 11:30

11:30 – 12:30

12:30 – 17:00

17:00

18:00

18:00 – 19:15

19:30

Registration, Coffee & Welcome

Thoracolumbar Theory

- Surgical Anatomy
- The Degen Spine
- Spinal Fractures
- Evolution of Spinal Implants
- Surgical Approaches (Fusion & Non-Fusion)
- Intervertebral Fusion vs. Posterolateral Fusion
- The Role of Lumbar Lordosis
- Basic Principles of Deformity Corrections

Lunch

Thoracolumbar Practice in the Wetlab

- Approaches
- Decompression
- Discectomy & Cage
- Stabilisation
- Navigation

Case discussions

Bring Your Own Case (USB Stick)

Wrap-up and feedback Day 1

Check-In Hotel

La Couronne Hotel
Hauptgasse 64
4500 Solothurn

Course Dinner (Departure 19:15 from Hotel Lobby)

Restaurant Baseltor
Hauptgasse 79
4500 Solothurn

Agenda

1st March 2025

08:00 – 10:30

Cervical Theory

- Surgical Anatomy
- Herniated Disc
- ACDF vs. Frykholm
- ACDF vs. TDR
- Lateral Mass vs. Pedicle Screws
- Laminectomy and Fusion
- Pathologies of the Upper Cervical Spine
- Crossing the CT Junction

10:30 – 11:30

Case discussions

Bring Your Own Case (USB Stick)

11:30 – 12:30

Lunch

12:30 – 16:00

Cervical Practice in the Wetlab

- Ventral approach
- Discectomy / Corpectomy ICBG
- Cage / Plate
- Dorsal Approach
- Decompression
- Stabilisation

16:00 – 16:15

Wrap-up and feedback Day 2

16:15

Close Day 2

SO and SGNC credits
have been requested.