

Cervical and Lumbar

Spine Academy



28th February – 1st March 2025



Johnson & Johnson AG Luzernstrasse 21 4528 Zuchwil



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 decisionmaking 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)
- Interbody Fusion vs. Posterolateral Fusion
- · The Role of Lumbar Lordosis
- Basic Principles of Deformity Corrections

Lunch

Thoraculumbar 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

10:30 - 11:30

11:30 - 12:30

12:30 - 16:00

16:00 – 16:15 16:15

SO and SGNC credits have been requested.

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

Case discussions

Bring Your Own Case (USB Stick)

Lunch

Cervical Practice in the Wetlab

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

Wrap-up and feedback Day 2

Close Day 2



Johnson & Johnson Institute policy limits attendance at corporate sponsored events to healthcare professionals with a bona fide professional interest in the program. Accordingly, company policy prohibits spouses, significant others, or guests from attending this event (i.e., paid or reimbursed travel expenses, meal costs), Johnson in Stuttute may be required to report such information to the U.S. government, depending on your professional license and the requirements under the Federal Open Payments Program and State Transparency Reporting laws. If you do not wish this information to be disclosed to the government, or if you are subject to any local laws or employer restrictions that prohibit you from receiving transfers of value, we request that you refrain from accepting our hospitality.