



# AO Spine Principles Level Specimen Course— Decompression and Instrumentation of the Spine

June 26-27, 2023

Leiden, Netherlands

## Course description

Learn the basic techniques required for spine surgery. This 2-day hands-on specimen principles course focuses on the basic instrumentation and decompression techniques of the cervical, thoracic, and lumbar spine. Three participants will be working together on one workstation.

## Participants

The course is for residents and spine fellows, both orthopedics and neurosurgery.

## Chairpersons



Chairperson  
**Joost Rutges**  
Netherlands



Educational Advisor  
**Nizar Moayeri**  
Netherlands

## Registration fee

Course full fee: EUR 1,350  
AO Spine Members: EUR 1,215

## Learning objectives:

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

- Insert pedicle screws in the thoracic and lumbar spine, open and percutaneous technique
- Insert lateral mass screws, cervical spine
- Insert C1-C2 screws, cervical spine
- Posterior decompression of the cervical, thoracic, and lumbar spine
- Anterior decompression and fusion of the cervical spine



**SAVE THE DATE!**



Event	<b>AO Spine Principles Level Specimen Course—Decompression and Instrumentation of t</b>
City	<b>Leiden, Netherlands</b>
Start date	<b>26/06/2023</b>
End date	<b>27/06/2023</b>
Chairpersons	<b>Joost Rutges, Nizar Moayeri</b>
Educational Advisor	<b>Alberto Diez Ulloa</b>
Regional Faculty	<b>Lorin Benneker (Switzerland)</b>
National Faculty	<b>Martin Pouw, Martijn Verhagen, Gerrit Amelink, Wilco Peul, Diederik Kempen</b>

**Updated as of 31 Jan 2023 - Program is subject to change**

**DAY1-26 June 2023**

TIME	AGENDA ITEM	TYPE	DURATION
08:00-08:30	Registration, coffee		30
08:30-08:45	Opening, introduction and goals		15
<b>Module 1: Thoracal</b>			
08:45-09:05	Spine anatomy: thoracolumbar spine	Lecture	20
09:05-09:25	Surgical technique: pedicle screw placement: open free hand technique & percutaneous	Lecture	20
09:25-09:45	Surgical technique: lumbar decompression and disectomy	Lecture	20
09:45-10:05	When to use which technique? Open vs closed procedures. (case based)	Lecture	20
10:05-10:40	Coffee Break, change location		
10:40-11:40	Practical exercises round 1 Workshop A: Lumbar pedicle screws (2 stations) Workshop B: Thoracic pedicle screws (2 stations) Workshop C: Percutaneous thoracolumbar pedicle screws (2 stations) Workshop D: Lumbar decompression / disectomy (2 stations)	Practical	60
11:40-11:55	Switching stations		15
11:55-12:55	Practical exercises round 2 Workshop A: Lumbar pedicle screws (2 stations) Workshop B: Thoracic pedicle screws (2 stations) Workshop C: Percutaneous thoracolumbar pedicle screws (2 stations) Workshop D: Lumbar decompression / disectomy (2 stations)	Practical	60
12:55-14:00	Lunch Break		
14:00-15:00	Practical exercises round 3 Workshop A: Lumbar pedicle screws (2 stations) Workshop B: Thoracic pedicle screws (2 stations) Workshop C: Percutaneous thoracolumbar pedicle screws (2 stations) Workshop D: Lumbar decompression / disectomy (2 stations)	Practical	60
15:00-15:15	Switching stations		
15:15-16:15	Practical exercises round 4 Workshop A: Lumbar pedicle screws (2 stations) Workshop B: Thoracic pedicle screws (2 stations) Workshop C: Percutaneous thoracolumbar pedicle screws (2 stations) Workshop D: Lumbar decompression / disectomy (2 stations)	Practical	60
16:15-16:45	Wrap up and summary		
16:45	Closure of day 1		
18:00	Course dinner		

**DAY2-27 June 2023**

TIME	AGENDA ITEM	TYPE	DURATION
08:00-08:30	Sign-in again, coffee		15
<b>Module 2: Cervical Spine</b>			
08:30-08:50	Spine anatomy: cervical spine	Lecture	20
08:50-09:10	Surgical technique: lateral mass and C1-2 screws	Lecture	20
09:10-09:30	Surgical technique: Anterior and posterior decompression of the cervical spine	Lecture	20
09:30-09:50	When to use which technique? Anterior vs posterior procedures (case based)	Lecture	20
09:50-10:20	Coffee Break, change location		
10:20-11:20	Practical exercises round 1 Workshop E: Lateral Mass and C7/T1 pedicle screws (2 stations) Workshop F: C1-2 screws and occipital plate (2 stations) Workshop G: Thoracic/cervical decompression (2 stations) Workshop H: ACDF (2 stations)	Practical	60
11:20-11:35	Switching stations		
11:35-12:35	Practical exercises round 2 Workshop E: Lateral Mass and C7/T1 pedicle screws (2 stations) Workshop F: C1-2 screws and occipital plate (2 stations) Workshop G: Thoracic/cervical decompression (2 stations) Workshop H: ACDF (2 stations)	Practical	60
12:35-13:15	Lunch break		
13:15-14:15	Practical exercises round 3 Workshop E: Lateral Mass and C7/T1 pedicle screws (2 stations) Workshop F: C1-2 screws and occipital plate (2 stations) Workshop G: Thoracic/cervical decompression (2 stations) Workshop H: ACDF (2 stations)	Practical	60
14:15-14:30	Switching stations		
14:30-15:30	Practical exercises round 4 Workshop E: Lateral Mass and C7/T1 pedicle screws (2 stations) Workshop F: C1-2 screws and occipital plate (2 stations) Workshop G: Thoracic/cervical decompression (2 stations) Workshop H: ACDF (2 stations)	Practical	60
15:30-16:15	Wrap and Summary		
16:15	End of Course		