



Hellenic
Spine
Society

Diploma of the Hellenic Spine Society

(equivalent to the Eurospine Diploma)

MODULE 2: DEGENERATIVE DISEASES OF THE SPINE

14 NOVEMBER 2025

Teloglion Foundation of Arts A.U.Th.



ΠΕΛΛΗΝΙΚΟ
ΙΑΤΡΙΚΟ
ΤΕΧΝΟΝ
Α.Π.Θ.

The Panhellenic Medical Association grants 6,5 credit points
of Continuing Medical Education (CME-CPD)

Course Manager

Ioannis Magras

Professor of Neurosurgery

SCIENTIFIC PROGRAMME

www.dhss.gr

Diploma of the Hellenic Spine Society

(equivalent to the Eurospine Diploma)

**MODULE 2: DEGENERATIVE DISEASES
OF THE SPINE**

14 NOVEMBER 2025

Course Manager

Ioannis Magras
Professor of Neurosurgery

www.dhss.gr

FACULTY

CHAIRMAN Stavros Stavridis

FACULTY

Athanasίου Alkinoos
Barkas Konstantinos
Bouramas Dimosthenis
Brotis Alexandros
Kapinas Arion
Karantanas Apostolos
Korfias Stefanos
Magras Ioannis
Paidakakos Nikolaos
Stavridis Stavros
Tsitsopoulos Parmenion
Zafeiris Christos

Diploma of the Hellenic Spine Society

(equivalent to the Eurospine Diploma)

MODULE 2: DEGENERATIVE DISEASES OF THE SPINE

14 NOVEMBER 2025

Course Manager

Ioannis Magras
Professor of Neurosurgery

www.dhss.gr

LEARNING OUTCOMES SESSION 1 CERVICAL & LUMBAR: HERNIATED DISCS, DIAGNOSIS & TREATMENT OF RADICULAR PAIN

Epidemiology & Natural History of Radicular Pain

- Use common epidemiological terms to define and outline prevalence of radicular pain
- Illustrate the natural history of radicular pain
- Identify the contributory factors

Imaging of Radicular Pain

- Differentiate between the roles of MRI and CT in disc herniation imaging
- Explain how disc herniation occurs
- Interpret images using correct nomenclature

Effective Non-Surgical Interventions for Radicular Pain

- Evaluate non-surgical options for radicular pain
- Explain these options to patients
- Identify suitable patients for non-operative management
- Differentiate between the 3 types of analgesics
- Summarise the roles of physiotherapy and injection therapy

Surgery for Radicular Pain in the Lumbar Spine

- Differentiate between absolute and relative indications for surgery
- Identify appropriate timing for surgery
- Evaluate common surgical techniques with supporting evidence
- Compare surgical and non-surgical options
- Formulate a surgical plan
- Anticipate complications and plans for return to work and activity

Surgery for Radicular Pain in the Cervical Spine

- Outline the causes and incidence of radicular pain in the cervical spine
- Justify indications for surgery
- Identify factors influencing cervical disc herniation regression
- Select appropriate surgical approach
- Evaluate surgical options
- Anticipate complications and plans for return to work and activity
- Formulate a plan when the adjacent level

Case Discussion

LEARNING OUTCOMES SESSION 2 CERVICAL & THORACIC MYELOPATHY

Imaging Myelopathy: techniques & prognostic indicators

- Describe medullary non tumoral pathology
- Compare myelography and CT myelography

Presentations, Causes, Natural History Cervical & Thoracic Myelopathy

- Compare functional and clinical presentation of spondylotic and myelopathic syndromes
- Grade disease
- Anticipate clinical traps
- Describe the natural history
- Outline the clinical presentation of:
 - craniocervical myelopathy
 - thoracic myelopathy

Clinical & Surgical Decision Making in Cervical & Thoracic Myelopathy

- Compare different surgical approaches to cervical myelopathy

Case Discussion

Diploma of the Hellenic Spine Society

(equivalent to the Eurospine Diploma)

MODULE 2: DEGENERATIVE DISEASES OF THE SPINE

14 NOVEMBER 2025

Course Manager

Ioannis Magras

Professor of Neurosurgery

www.dhss.gr

LEARNING OUTCOMES SESSION 3

LUMBAR SPINAL STENOSIS

Spinal Stenosis: presentations, natural history, non-surgical treatment

- Outline the signs & symptoms of lumbar spine stenosis (LSS)
- Classify LSS
- Evaluate surgical and non-surgical options
- Appraise rehabilitation alternatives

Surgical Treatment of Lumbar Stenosis

- Formulate principles for stenosis surgery
- Evaluate surgical and non-surgical options for degenerative spondylolisthesis

Case Discussion

LEARNING OUTCOMES SESSION 4

AXIAL SPINE PAIN

Obstacles to Recovery

- Anticipate potential obstacles to recovery
 - Explain how flagging can be used
 - Plan strategies for managing catastrophising
- Non-Surgical Treatment of Back Pain**
- Differentiate between acute and chronic back pain
 - Evaluate options for non-surgical management of back pain
 - Summarise current evidence pertaining to operative and non-operative management

Fusion Surgery for Low Back Pain

- Provide a rationale for fusion surgery
- Evaluate alternative options
- Select appropriate approach
- Link to current evidence

Case Discussion

SCIENTIFIC PROGRAMME

Module 2: Degenerative Diseases of the Spine

Friday, 14 November 2025

08:30 - 09:00	Course Registration & Welcome Coffee
09:00 - 11:15	Session 1: Herniated disc, Diagnosis and Treatment of Radicular Pain
09:00 - 09:15	Epidemiology & Natural History of Radicular Pain A. Athanasiou
09:15 - 09:30	Imaging of Radicular Pain A. Karantanas
09:30 - 09:45	Effective Non-Surgical Interventions for Radicular Pain S. Stavridis
09:45 - 10:00	Surgery for Radicular Pain in the Lumbar Spine P. Tsitsopoulos
10:00 - 10:15	Surgery for Radicular Pain in the Cervical Spine D. Bouramas
10:15 - 10:45	Case Discussion 1 (Radiculopathy) Faculty
10:45 - 11:15	Coffee Break
11:15 - 12:45	Session 2: Myelopathy
11:15 - 11:30	Imaging Techniques and Prognostic Indicators in Myelopathy A. Karantanas
11:30 - 11:45	Presentation, Causes, Natural History in Cervical & Thoracic Myelopathy D. Bouramas
11:45 - 12:00	Clinical & Surgical Decision Making In Cervical Myelopathy P. Tsitsopoulos
12:00 - 12:15	Clinical & Surgical Decision Making In Thoracic Myelopathy A. Athanasiou
12:15 - 12:45	Case Discussion 2 (Myelopathy) Faculty
12:45 - 13:45	Lunch Break

Diploma of the Hellenic Spine Society

(equivalent to the Eurospine Diploma)

MODULE 2: DEGENERATIVE DISEASES OF THE SPINE

14 NOVEMBER 2025

Course Manager

Ioannis Magras
Professor of Neurosurgery

www.dhss.gr

13:45 - 15:15	Session 3: Lumbar spinal stenosis, Spondylolysis and Spondylolisthesis
13:45 - 14:00	Spinal Stenosis: Presentation, Natural History and Non-Surgical Treatment S. Korfias
14:00 - 14:15	Surgical Treatment of Lumbar Stenosis A. Kapinas
14:15 - 14:30	Degenerative Spondylolisthesis S. Stavridis
14:30 - 14:45	Spondylolysis & Low-Grade Spondylolisthesis A. Kapinas
14:45 - 15:15	Case Discussion 3 (Spondylolisthesis) Faculty
15:15 - 15:45	Coffee Break
15:45 - 17:45	Session 4: Axial pain and Degenerative Adult deformity
15:45 - 16:00	Natural history, obstacles to recovery and non-surgical treatment of axial pain K. Barkas
16:00 - 16:15	How to investigate a patient with axial pain A. Brotis
16:15 - 16:30	Surgical treatment for axial back pain N. Paidakakos
16:30 - 17:00	Case Discussion 4 (Axial pain) Faculty
17:00 - 17:15	Degenerative deformity of the lumbar spine C. Zafeiris
17:15 - 17:45	Case discussion 5 (Degenerative Lumbar deformity) Faculty
17:45 - 17:50	Closing remarks I. Magras - S. Stavridis

ACKNOWLEDGEMENTS

The Organizing Committee of the Course would like to thank the following sponsors for their contribution to the Course.



 **MILIMED**

elliquence
Less Is More®



Milimed S.A.



210 6654556



<https://milimed.gr/>



high quality & innovative products

We are a based in Athens, Greece company opperating in the field of Medical & Biosurgical Products & instruments distribution.

For over 22 years now we have managed a pan-hellenic coverage of hospitals and clinics offering high quality and innovation on every mile.

www.marthellas.gr

Diploma of the Hellenic Spine Society

(equivalent to the Eurospine Diploma)

**MODULE 2: DEGENERATIVE DISEASES
OF THE SPINE**

14 NOVEMBER 2025

Course Manager

Ioannis Magras
Professor of Neurosurgery

www.dhss.gr

GENERAL INFORMATION

Module

Module 2: Degenerative Diseases Of The Spine

Registration Fee

Module 5: 400€

Module 2 and 5: 700€

Course Date

14 November 2025

Course Language

English

Accreditation

The Panhellenic Medical Association grants 6,5 credit points of CME-CPD

Course venue

Teloglion Foundation of Arts A.U.Th.

Thessaloniki, Greece

Organization

Hellenic Spine Society

Course Secretariat

MK Premium | Congress & Social Events Solutions

Riga Feraiou & Andrea Zakou, Christina Center,

Zip Postal Code 58256, 3732, Limassol, Cyprus

Tel.: +30 2310 226 250

e-mail: organization@mk-premium.com

FB: MK-Premium | www.mk-premium.com

