

## Title: SPINECLASS – Two courses in one.

SPINE CLASS ADVANCED is aimed at Specialist Registrars to train them for the spinal part of the FRCS (Orth) examination. Registration £150/- for two days. Detailed programme attached.

SPINE CLASS BASIC is aimed at General Practitioners, Extended Scope Practitioners, Physiotherapists and Junior Doctors. The programme also includes a section on all complementary therapies and a workshop on how to interpret MRI scans. Registration £130/- for two days. Detailed programme attached.

## The venue

Formby Hall Golf Resort & Spa - set amongst 135 acres of parkland, at the heart of England's Golf Coast offers the definitive golf resort, luxury spa and hotel experience. Address of venue: Formby Hall Golf Resort & Spa, Southport Old Road, Formby, Southport, L37 0AB.

**Travel to venue: Rail** - Formby Hall Golf Resort and Spa is about 15 miles away from Liverpool Lime Street and about 5 miles from Southport Rail Station. There are also local trains from Liverpool Central to Southport. Ainsdale and Freshfields are stops for these local trains. Formby Hall Golf Resort and Spa is about a 1 ½ to 2 miles from these local train stations.

**Road:** There is ample parking at the Resort.

## Past Rating

Spine class is a value for money course. The course obtained a mean rating of 4.2 on a scale of 0 to 5 from delegates when last held. There was a measured statistically significant knowledge gain among all participants.

## Faculty

Prof. Jan Hartvigsen . University of Southern Denmark, Mr. Alastair Gibson . Edinburgh Royal, Mr. Antony Michael . Leeds General Infirmary, Mr. Berj Kishmishian - Southport, Mr. Brian Todd . Stepping Hill, Mr. James Davenport - Southport, Mr. John Dorgan . Alder Hey, Mr. Manoj Khatri . Royal Preston, Mr. Michael Grevitt . Queen's Nottingham, Mr. Peter Kenyon - Southport, Mr. Rajiv Bajekal . Barnet General, Dr. Alan Owens - Southport, Dr. Arul Selvan - Walton Neuro, Dr. Chris Barker - Walton Neuro, Dr. Fahd Selmi - Southport, Dr. Iswar Ramachandran - Southport, Dr. Manohar Sharma . Walton Neuro, Dr. Peter Hughes - Southport, Dr. Zmyslowski . Renacres, Ms. Debbie Mulholland . Pilate Instructor, Ms. Kaye Atkinson . Osteopath, Ms. Sarah Hall . Sports Therapist & Mr. George Ampat - Southport,

Please visit [www.spineclass.com](http://www.spineclass.com) for further details.

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**Programme for Spine Class BASIC**  
**25<sup>th</sup> March 2010**

	Registration and Coffee		08:30	08:50
	Introduction	Mr. John Dorgan	08:50	09:00
1	Anatomy, Biomechanics & Surgical Approaches to the Spine	Mr. Peter Kenyon	09:00	09:15
2	Physical Examination of the Spine	Mr. George Ampat	09:15	09:30
3	Spinal Imaging	Dr. Peter Hughes	09:30	09:45
4	Advanced Pain Therapies for Failed Back Surgery Syndrome and Psychosocial Care	Dr. Manohar Sharma	09:45	10:00
5	Osteoporosis, Metabolic and Inflammatory Diseases of the Spine	Mr. Antony Michael	10:00	10:15
6	Surgical Management of Low Back Pain	Mr. Brian Todd	10:15	10:30
7	Clinical Neurophysiology	Dr. Arul Selvan	10:30	10:45
	COFFEE BREAK		10:45	11:30
8	Chiropractic - Who are the patients, how are they treated, what is the evidence of effectiveness in spinal disorders?	Prof. Jan Hartvigsen	11:30	11:45
9	Lumbar Disk Herniation	Mr. Alastair Gibson	11:45	12:00
10	Spinal pain in seniors . Prevalence and impact.	Prof. Jan Hartvigsen	12:00	12:15
11	Lumbar Spinal Stenosis and Degenerative Spondylolisthesis	Mr. Brian Todd	12:15	12:30
12	Diagnostic and Therapeutic Spinal Injections	Mr. George Ampat	12:30	12:45
13	Primary and Metastatic Spinal Tumors	Mr. Rajiv Bajekal	12:45	13:00
	LUNCH		13:00	14:00
14	Vertebral Discitis and Osteomyelitis	Mr. Rajiv Bajekal	14:00	14:15
15	Spinal Deformity	Mr. John Dorgan	14:15	14:30
16	Cervical Disk Herniation and Cervical Spondylotic Myelopathy	Mr. Manoj Khatri	14:30	14:45
17	Back Pain in Children and Adolescents	Mr. John Dorgan	14:45	15:00
18	Low Back Pain: A Comprehensive Rehabilitation Program	Dr. Chris Barker	15:00	15:15
	COFFEE BREAK		15:15	15:45
19	Cervical Spine Trauma	Mr. Michael Grevitt	15:45	16:00
20	Thoracic and Lumbar Spine Trauma	Mr. Manoj Khatri	16:00	16:15
21	Spinal Cord Injury . Initial management	Dr. Alan Owens	16:15	16:30
22	Spinal Cord Injury . Rehabilitation.	Mr. Fahd Selmi	16:30	16:45
23	Newer Technologies	Mr. George Ampat	16:45	17:00

**26<sup>th</sup> March 2010 - Friday**

1	Chiropractic . Manual examination and treatment, a demonstration	Prof. Jan Hartvigsen	09:00	09:20
2	Osteopathy . Manual examination and treatment, a demonstration	Dr. Kaye Atkinson	09:20	09:40
3	Deep Tissue Massage & Sports Therapy a demonstration	Ms Sarah Hall	09:40	10:00
4	Pilates . Core stability and back care . a demonstration	Ms. Debbie Mulholland	10:00	10:20
5	Physiotherapy . Therapy and rehabilitation . a demonstration	Mr. Berj Kishmishian	10:20	10:40
6	Acupuncture . A demonstration	Dr. Zmyslowski	10:40	11:00
	COFFEE BREAK		11:00	11:30
8	Workshop on how to interpret MRI scans.	Dr. Peter Hughes and Dr. Iswar Ramachandran	11:30	13:00

**Programme for Spine Class ADVANCED**  
**25<sup>th</sup> March 2010 - Thursday**

	Registration and Coffee		08:30	08:50
	Introduction	Mr. George Ampat	08:50	09:00
1	Biomechanics of the Spine and Spinal Instrumentation including Bone Grafts and Substitutes	Mr. Manoj Khatri	09:00	09:20
2	Biomechanical Aspects of Intervertebral Disk Degeneration	Mr. Rajiv Bajekal	09:20	09:40
3	Anatomy and Surgical Approaches	Mr. James Davenport	09:40	10:00
4	History and Physical Examination	Mr. George Ampat	10:00	10:20
5	Spinal Imaging and Diagnostic Tests	Dr. Peter Hughes	10:20	10:40
	Coffee Break		10:40	11:20
6	Evaluation and Management of Spinal Cord Injury	Mr. Rajiv Bajekal	11:20	11:40
7	Lumbar Spinal Stenosis	Mr. George Ampat	11:40	12:00
8	Cervical Spine Trauma	Mr. Michael Grevitt	12:00	12:20
9	Thoracolumbar Spine Fractures	Mr. Manoj Khatri	12:20	12:40
10	Degenerative Cervical & Thoracic Spine Disorders: Surgical and Non Surgical Management	Mr. Alastair Gibson	12:40	13:00
	Lunch		13:00	14:00
11	Lumbar Disk Disease: Pathogenesis and Treatment Options	Mr. Brian Todd	14:00	14:20
12	Lumbar Spondylolisthesis & Adult Spinal Deformities	Mr. Michael Grevitt	14:20	14:40
13	Surgical Management of Axial Back Pain	Mr. Brian Todd	14:40	15:00
14	Spinal Rehabilitation and Disability Evaluation	Mr. Fahd Selmi	15:00	15:20
	Coffee Break		15:20	15:40
15	Scoliosis & Kyphotic Spinal Deformities in Children	Mr. John Dorgan	15:40	16:00
16	Spinal Infections	Mr. Alastair Gibson	16:00	16:20
17	Rheumatoid Arthritis & other Spondyloarthropathies	Mr. Antony Michael	16:20	16:40
18	Spinal Tumours	Mr. Michael Grevitt	16:40	17:00

**26<sup>th</sup> March 2010 - Friday**

1	Clinical case presentations and practice for FRCS Orth Clinical examination	Mr. Michael Grevitt Mr. John Dorgan Mr. Brian Todd Mr. Rajiv Bajekal Mr. Manoj Khatri Mr. Antony Michael Mr. Fahed Selmi Mr. George Ampat	09:00	11:00
	COFFEE BREAK		11:00	11:30
2	Practice session for the FRCS (Orth) . theory and viva exam	Same faculty as above	11:30	13:00