**AOSPINE DEGEN SPINE ADVANCED SPECIMEN COURSE *Warsaw, 5-6 November, Warsaw/Katowice/Poland***

**Day 1**

7:30 – 8:00 Participants registration

8:00 Welcome

8:20 Degen spine – disease or physiology?

8:40 Instability – when does it matter?

9:00 Radiological pitfalls in degen spine - part I

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| 9:30 – 11:00 Group session 1 | |
| Groups 5,6,7,8  9:30 Case presentation  9:40 Lecture – DDD/FJS  10:00 Faculty for and against  10:15 Case discussion  10:30 Lecture – UIV/LIV/ASD  10:50 Time to rethink | **Groups 1,2,3,4**  Cadaver Lab |

11:00 – 11:30 Coffee break

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| 11:30 -13:00 Group session 2 | |
| Groups 1,2,3,4  11:30 Case presentation  11:40 Lecture - DDD/FJS  12:00 Faculty for and against  12:15 Case discussion  12:30 Lecture– UIV/LIV/ASD  12:50 Time to rethink | **Groups 5,6,7,8**  Cadaver Lab |

13:00 – 14:00 Lunch break

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| 14:00-15:30 Group session 3 | |
| Groups 5,6,7,8  14:00 Case presentation  14:10 Lecture – SS  14:30 Faculty for and against  14:45 Case discussion  15:00 Lecture – MISS  15:20 Time to rethink | **Groups 1,2,3,4**  Cadaver Lab |

15:30-16:00 Coffee break

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| 16:00-17:30 Group session 4 | |
| Groups 1,2,3,4  16:00 Case presentation  16:10 Lecture - SS  16:30 Faculty for and against  16:45 Case discussion  17:00 Lecture - MISS  17:20 Time to rethink | **Groups 5,6,7,8**  Cadaver Lab |

17:30 Participant questionnaire – day 1

19:00 Course dinner

**Day 2**

8:00 Summary of participant questionnaire day 1

8:10 Sagittal balance – how far should we go? (where is the limit?)

8:20 Don’t forget about SIJ

8:45 Radiological pitfalls in degen spine – part II

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| 9:00-10:30 Group session 5 | |
| Groups 5,6,7,8  9:00 Case presentation  9:10 Lecture - Spondylolisthesis  9:30 Faculty for and against  9:45 Case discussion  10:00 Lecture – Solutions for elder bone  10:20 Time to rethink | **Groups 1,2,3,4**  Cadaver Lab |

11:00 – 11:30 Coffee break

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| 11:30-13:00 Group session 6 | |
| Groups 1,2,3,4  11:30 Case presentation  11:40 Lecture - Spondylolisthesis  12:00 Faculty for and against  12:15 Case discussion  12:30 Lecture – Solutions for elder bone  12:50 Time to rethink | **Groups 5,6,7,8**  Cadaver Lab |

13:00 – 14:00 Lunch break

14:00 Participant cases

14:30 Round table

15:00 Participant questionnaire – day 2

15:30 Final remarks

16:00 The end