

**Programme:** APSS BASIC SPINE COURSE  
**Date:** 30th May – 1st June 2025  
**Venue:** Hayatabad Medical Complex, Peshawar, Pakistan

## DAY ONE – 30th May 2025

| Time        | Topic   | Faculty                                  |
|-------------|---|--|
| 09.00–09.15 | How to Read Spine MRI   | Zahid Wazir<br>HMC, Peshawar             |
| 09.15–09.30 | Correlation Between Patient Exam and Imaging – Is It Important? | Abdul Sattar<br>HMC, Peshawar            |
| 09.30–09.45 | Basic Principles of Spine Stability                             | Shah Alam<br>Bangladesh                  |
| 09.45–10.00 | How to Read NCS and EMGs  | Atiq Durrani<br>Doctors Hospital, Lahore |
| 10.00–10.15 | Intraoperative Neuromonitoring in Spine Surgery                 | Rizwan Akram<br>GTTH, Lahore             |
| 10.15–10.30 | Upper Cervical Spine Trauma – Diagnosis & Management            | Atiq Durrani<br>Doctors Hospital, Lahore |

### ☕ Tea Break – 10.30 to 11.00

|             |  |                                |
|-------------|--|--------------------------------|
| 11.00–11.15 | Subaxial C-Spine Trauma – Decision-Making Concepts   | Arif Khan<br>HMC, Peshawar     |
| 11.15–11.30 | Thoracolumbar Spine Injuries – Current Concepts      | Si Young<br>Korea              |
| 11.30–11.45 | Sacral Injuries – Classification and Management      | Ibrahim Pasha<br>Lahore        |
| 11.45–12.00 | Technique – Lateral Mass Fixation                    | Ihsan Bari<br>AKU, Karachi     |
| 12.00–12.15 | Technique – Anterior Decompression and Stabilisation | Abdullah Shah<br>GTTH, Lahore  |
| 12.15–12.30 | Lumbar Epidural Block – Video                        | Fayaz Qureshi<br>HMC, Peshawar |
| 12.30–12.45 | Nerve Root Block – Video                             | Khurram<br>Lahore              |
| 12.45–1.00  | S.I. Joint Block                                     | Col Wasim<br>CMH, Rawalpindi   |

### 🕌 Lunch / Jumma Prayers – 1.00 to 2.00

2.00–5.00      **Live Surgeries – Injections**

## DAY TWO – 31st May 2025

| Time        | Topic  | Faculty                                  |
|-------------|--|--|
| 08.30–09.00 | How to Develop Your Career in Spine Surgery                      |  |
|             | <b><u>CERVICAL DEGENERATIVE DISEASES</u></b>                     |  |
| 09.00–09.15 | Posterior Decompression/Fusion – Indications & Contraindications | Col Wasim Afzal<br>CMH, Rawalpindi       |
| 09.15–09.30 | Anterior Decompression / Fusion                                  | Ayaz Khan<br>KTH, Peshawar               |
| 09.30–09.45 | Technique – C1–C2 Fixation                                       | Atiq Durrani<br>Doctors Hospital, Lahore |
| 09.45–10.00 | Technique – ACDF / ACCF  | Rizwan<br>GTTH, Lahore                   |
| 10.00–10.15 | Complications and Pitfalls in Cervical Spine Surgery             | Si Young<br>Korea                        |

### ☕ Tea Break – 10.15 to 10.45

|             |   |   |
|-------------|---|---|
| 10.45–11.00 | Sagittal Balance & Spinopelvic Parameters | Shah Alam<br>Bangladesh                       |
| 11.00–11.15 | Degenerative Scoliosis – Decision Making  | Arif Khan<br>HMC, Peshawar                    |
| 11.15–11.30 | Spondylolisthesis                         | Abdul Sattar<br>HMC, Peshawar                 |
| 11.30–11.45 | Technique – Microdiscectomy / Laminectomy | Ihsan Bari<br>AKU, Karachi                    |
| 11.45–12.00 | Technique – Thoracic Screw Fixation       | Abdullah Shah<br>GTTH, Lahore                 |
| 12.00–12.15 | Technique – Lumbar Screw Fixation         | Sohail Rafi<br>Dr. Ziauddin Hospital, Karachi |
| 12.15–12.30 | Management of Dural Tear                  | Shahd Ayub<br>HMC, Peshawar                   |

### 🕌 Lunch – 12.30 to 01.30 PM

#### Afternoon Session: Cadaver Hands-On

|             |                                 |  |
|-------------|---------------------------------|--|
| 01.30–04.00 | <b>Cadaver Hands-On Session</b> | Mazhar Chaudhary<br>Nishtar Hospital, Multan<br>Khizar<br>LGH, Lahore<br>Mehmood<br>Nishtar Hospital, Multan<br>Akbar Jaleel<br>AKU, Karachi |
|-------------|---------------------------------|--|

### DAY THREE – 1st June 2025

| Time  | Topic                                       | Faculty      |
|---|---|--------------|
| <b>ENDOSCOPIC SPINE SURGERY</b>                           |   |              |
| <b>Uniportal Full Endoscopic Spine Surgery</b>            |   |              |
| 08.30–08.45   | Instrumentation & Basic Theatre Orientation | Sameer Kabir |
| 08.45–09.00   | Interlaminar Technique                      | Arif Khan    |
| 09.00–09.15   | Transforaminal Technique                    | Rizwan Akram |
| 09.15–09.30   | Discussion                                  |              |
| 09.30–10.30   | <b>Live Surgery – Interlaminar</b>          | Arif Khan    |
| <b>☕ Tea Break – 10.30 to 11.00</b>                       |   |              |
| <b>Unilateral Biportal Endoscopic Spine Surgery (UBE)</b> |   |              |
| 11.00–11.15   | UBE – Indications and Technique             | Si Young     |
| 11.15–01.00   | <b>Live Surgery – UBE</b>                   | Si Young     |