

SSYNS

# Basic Lumbar Course

Institute of Anatomy  
University of Bern

March 17th-18th 2023  
14th Spine Hands-on Course

## Shortcuts

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# About

The Swiss Young Neurosurgeons Society (SYNS) is dedicated to the continuous improvement of the neurosurgical training program for residents and young consultants in Switzerland.

We were founded in 2005 by a handful of young residents striving to achieve a high standard of specialty training by organizing focused talks, symposiums and hands-on courses. Our aim is to increase learning and inspiration in the field of neurosurgery while bringing together young minds from all over the country. As of 2011 SYNS carries the status of a registered non-profit society by Swiss law.



In cooperation with

# Medtronic

Further, Together



*u<sup>b</sup>*

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**UNIVERSITÄT  
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# Friday 17.03.2023

09:00 – 09:30 Registration and welcome

## SESSION I

09:30 – 10:00 Disc Herniation: Standard median approach and far lateral approach to the lumbar spine: MW sequestrectomy / discectomy

## HANDS-ON SESSION I A

10:00 – 12:00 Disc Herniation, Lumbar Microdiscectomy  
• 1st surgeon - L4/L5 right  
• 1st surgeon - far lateral approach right

12:00 - 13:15 Lunch

## HANDS ON SESSION I B

13:30 – 14:30 Disc Herniation, Lumbar Microdiscectomy  
• 2nd surgeon - L5/S1 right  
• 2nd surgeon - far lateral approach right

14:30 – 15:00 Coffee Break

## SESSION II

15:00 – 15:30 Spinal Stenosis: Laminotomy for Decompression with Undercutting CMJ

## HANDS-ON SESSION II

15:30 – 16:45 Laminotomy and Undercutting for Spinal Canal Stenosis  
• 1st surgeon - L4/L5

16:45 – 18:00 Laminotomy and Undercutting for Spinal Canal Stenosis  
• 2nd surgeon - L5/S1

19:30 Course Dinner

# Saturday 18.03.2023

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## SESSION III

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08:45 – 09:15 Pedicle screw fixation with fusion:  
TLIF (and PLIF) technique HR

09:15 – 09:30 Coffee break

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## HANDS-ON SESSION III

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09:30 – 10:30 Pedicle screw placement  
• 1st surgeon: L1/L2

10:30 – 11:30 Pedicle screw placement  
• 2nd surgeon: L3/L4

11:30 – 12:45 Lunch

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## SESSION IV

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13:00 – 13:30 Sagittal balance basics: what a young neuro-  
surgeon needs to know ML

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## HANDS-ON SESSION IV

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13:30 – 14:15 TLIF with Cage implant  
• 1st surgeon - L1/L2

14:15 – 15:00 TLIF with Cage implant  
• 2nd surgeon - L3/L4

15:00 – 15:30 Course wrap-up/Certificates