

Shortcuts

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March 15th-16th 2024
15th Spine Hands-on Course

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.



Friday 15.03.2024

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:
sequestrectomy / discectomy MW

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 MJ

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

DURING ALL HANDS-ON SESSIONS

Mobile Working Station to try a basic biportal endoscopic approach

Saturday 16.03.2024

SESSION III

09:00 – 09:30	Pedicle screw fixation with fusion: TLIF technique	NH
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HANDS-ON SESSION III

09:30 – 10:15	Pedicle screw placement • 1st surgeon: L1/L2
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10:15 – 11:00	Pedicle screw placement • 2nd surgeon: L3/L4
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11:00 – 12:30	Brunch
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SESSION IV

12:30 – 13:00 Sagittal balance basics: what a young neuro-
surgeon needs to know AF

HANDS-ON SESSION IV

13:00 – 13:45 TLIF with Cage implant
• 1st surgeon - L1/L2

14:45 – 14:30 TLIF with Cage implant
• 2nd surgeon - L3/L4

14:30 – 15:00 Course wrap-up/Certificates

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Basic
Lumbar
Course

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