

# **16th ANNUAL BASIC LUMBAR SPINE COURSE**

**14-15th March 2025**

*Institut für Anatomie, Bern*

**Program Booklet**



**SS  
YY  
NN  
SS**

# OUR MISSION

**The Swiss Young Neurosurgeons Society (SYNS)** is dedicated to the continuing 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 organising focused talks, symposiums and hands-on courses. Our aim is to enhance learning and foster professional development in the field of neurosurgery while bringing together young doctors from all over the country. As of 2011, SYNS is recognised as a registered no-profit society by Swiss law.



**Nicolas Poletti**  
President



**Caterina Mollica**  
Vice President

**contact@sins.ch**  
[www.syns.ch](http://www.syns.ch)  
[@syns\\_swiss](https://www.instagram.com/syns_swiss)



# FACULTY

Dr Lorenzo Bertulli  
**Kantonsspital St.Gallen KSSG**

Dr Alessio Chiappini  
**Universitätsspital Basel**

Dr Marialaura Giamundo  
**Kantonsspital Aarau**

PD Dr. Johannes Goldberg  
**Inselsspital Bern**

Dr Nader Hejrati  
**HOCH Health Ostschweiz St Gallen**

Dr Ralph Schär  
**Inselsspital Bern**

Dr Michal Ziga  
**Luzerner Kantonsspital**

# DAY 1

Friday, 14.03.2025

09:00 - 09:15

**Registration and Welcome**

09:15 - 09:30

**Introduction and pre-course test**

09:30 - 09:50

**Chiappini**

Lumbar disc herniation: median and far lateral approach

## SESSION I

09:50 - 10:10

Preparation of anatomical landmarks of the spine - **all groups**

10:10 - 11:50

**Hands-on I**

L4-L5 Sequestrectomy - **C D E F**

L1-L2 Lumbar screws, navigation - **A B**

11:50 - 13:00

**Lunch**

13:00 - 14:30

**Hands-on II**

L5-S1 Sequestrectomy - **A B E F**

L3-L4 Lumbar screws, navigation - **C D**

14:30 - 15:00

**Coffee Break**

15:00 - 15:20

**Schar**

Lumbar spinal canal decompression

## SESSION II

15:20 - 16:50

**Hands-on III**

L3-L4 Decompression including over the top - **A B C D**

---

L5-S1 Lumbar screws, navigation - **E F**

---

16:50 - 18:00

**Hands-on IV**

L2-L3 Decompression including over the top - **all groups**

---

19:30

**Dinner**

---

# DAY 2

Saturday, 15.03.2025

---

09:00 - 09:20  
**Hejrati**

Transforaminal lumbar interbody fusion  
(TLIF)

## SESSION III

09:20 - 11:00  
**Hands-on V**

L4-L5 screws, cage and TLIF - **C D E F**

---

L4-L5 lumbar screws, navigation - **A B**

---

11:00 - 12:00

**Brunch**

---

12:00 - 12:20  
**Bertulli**

**Basic lumbar spine parameters and  
concept of sagittal balance**

---

## SESSION IV

12:20 - 13:20  
**Hands-on VI**

L5-S1 screws, cage and TLIF - **A B E F**

---

L5-S1 Lumbar screws, navigation - **C D**

---

13:20 - 14:20  
**Hands-on VII**

L2-L3 screws, cage and TLIF- **A B C D**

---

L1-L2 Lumbar screws, navigation - **E F**

---

## TABLES BY GROUP

**GROUP A**  
**Hands-on I:** Table 1  
**Hands-on II-III-IV:** Table 3  
**Hands-on V:** Table 4  
**Hands-on VI-VII:** Table 6

---

**GROUP B**  
**Hands-on I:** Table 2  
**Hands-on II-III-IV:** Table 4  
**Hands-on V:** Table 5  
**Hands-on VI-VII:** Table 1

---

**GROUP C**  
**Hands-on I:** Table 3  
**Hands-on II:** Table 1  
**Hands-on III-IV:** Table 5  
**Hands-on V:** Table 6  
**Hands-on VI:** Table 4  
**Hands-on VII:** Table 2

---

**GROUP D**  
**Hands-on I:** Table 4  
**Hands-on II:** Table 2  
**Hands-on III-IV:** Table 6  
**Hands-on V:** Table 1  
**Hands-on VI:** Table 5  
**Hands-on VII:** Table 3

---

**GROUP E**  
**Hands-on I-II:** Table 5  
**Hands-on III-IV:** Table 1  
**Hands-on V-VI:** Table 2  
**Hands-on VII:** Table 4

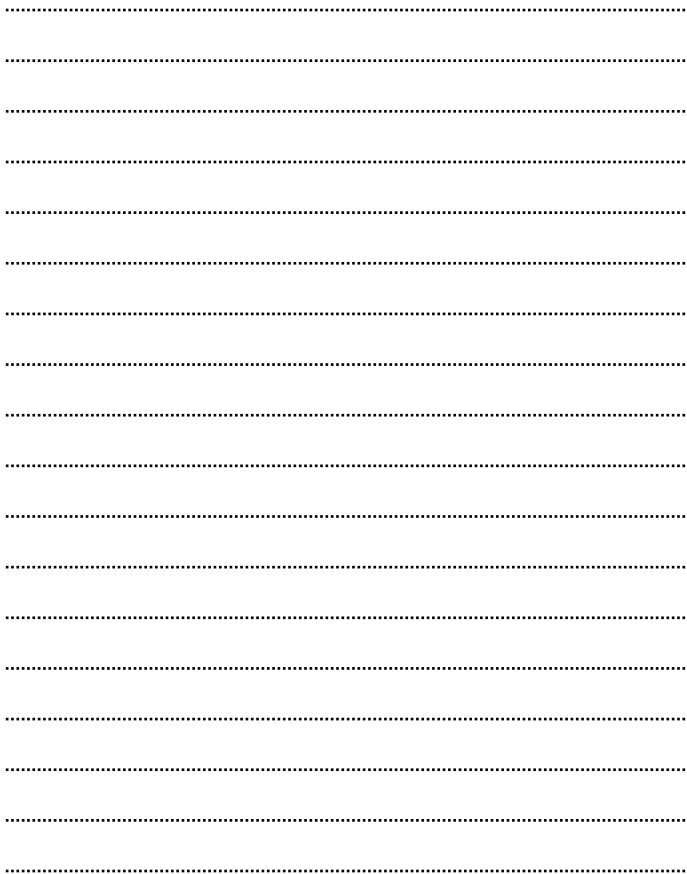
---

**GROUP F**  
**Hands-on I-II:** Table 6  
**Hands-on III-IV:** Table 2  
**Hands-on V-VI:** Table 3  
**Hands-on VII:** Table 5

---







## Partners

**B | BRAUN**  
SHARING EXPERTISE

*Johnson & Johnson*



S P I N E A R T

 **Stöckli**Medical  
Persönlich. Kompetent. Innovativ.

**stryker**



Swiss Young  
Neurosurgeons  
Society

S  
Y  
N  
S

