

6th September 2018

Registration Open

7:30AM - 5:00PM Meeting Room C4.8

Welcome and Introductions

8:00AM - 8:05AM Meeting Room C4.8

Conference Chair Ashish Diwan, Spine Service St George Hospital | University of New South Wales

Co-Chair Prof Allan Sturgess, Department of Rheumatology, St George Hospital, University of New South Wales

Embryonic Development and Genetics

8:05AM - 8:55AM Meeting Room C4.8

Chairs: Ashish Diwan & Allan Sturgess

8:05 AM **Gavin Chapman**

Development of the Spinal Column *abs# 1*

8:30 AM **Danny Chan**

Genetics of the spinal disc in development and aging degeneration *abs# 2*

Primary Care

8:55AM - 9:30AM Meeting Room C4.8

Chairs: Allan Sturgess & Ashish Diwan

8:55 AM **Malene Ahern**

Patients' perspectives of primary care treatment for low back pain *abs# 3*

9:05 AM **Hazel J Jenkins**

General medical practitioner perspectives on the use of an intervention aiming to decrease non-indicated imaging for low back pain *abs# 4*

9:10 AM **Tatiane da Silva**

Predicting pain recovery in patients with acute low back pain: Updating and validation of a clinical prediction model *abs# 5*

Recurrent Lumbar Disc Herniation Clinical Trial 1

9:30AM - 10:00AM Meeting Room C4.8

Chairs: Ashish Diwan & Allan Sturgess

9:30 AM **Uphar Chamoli**

Annular bulge following discectomy (for lumbar disc herniation) and concomitant replacement by a nucleus prosthesis *abs# 6*

9:45 AM **Ashraf Dower**

Recurrent Lumbar Disc Herniation – Who is most at risk? *abs# 7*

Morning Tea

10:00AM - 10:20AM Meeting Room C4.9 + C4.10

Adult Degenerative Scoliosis

10:20AM - 11:00AM Meeting Room C4.8

Chairs: Allan Sturgess & Ashish Diwan

10:20 AM **Jose Vargas**

Degenerative Scoliosis – Natural History *abs# 8*

10:26 AM **Larry Cohen**

Identifying who to treat: Classification and agreement of sagittal balance and lumbopelvic compensation in the adult spine. *abs# 9*

10:32 AM **Anthony Kwon**

Utilizing laterally based approaches to the treatment of spinal deformity, a paradigm shift *abs# 10*

Spinal Surgical Clinical Trials 2

11:00AM - 11:30AM Meeting Room C4.8

Chairs: Ashish Diwan & Allan Sturgess

11:00 AM **Bill Sears**

Juxta fusion degeneration - Dynamic Stabilization *abs# 11*

Chronic Back Pain and Exercise

11:30AM - 12:00PM Meeting Room C4.8

Chairs: Allan Sturgess & Ashish Diwan

11:30 AM **Daniel Belavy**

What kind of exercise is most effective for chronic low back pain? A network meta-analysis. *abs# 12*

11:55 AM **Jose Vargas**

Ongoing Physical therapy in Low Back pain. How many patients respond to Spinal Cognitive and Motor Retraining (SCMR) and can we predict the responders? *abs# 13*

Key Note Address

12:00PM - 12:30PM Meeting Room C4.8

Chairs: Ashish Diwan & Allan Sturgess

12:00 PM **Manuela Ferreira**

Burden and management of low back pain. What is recurrence and Why do they occur. *abs# 14*

Lunch

12:30PM - 1:15PM Meeting Room C4.9 + C4.10

Key Note Address (continued)

1:15PM - 2:30PM Meeting Room C4.8

Chairs: Allan Sturgess & Ashish Diwan

2:00 PM - 2:30 PM **PANEL DISCUSSION**

- Prof Kent
- Prof Ferreira
- A Diwan

1:15 PM **Peter Kent**

Lumbar pain and its impact on movement - are movement sensors and an understanding of pain cognitions useful keys to advance spinal therapeutics? *abs# 15*

1:45 PM **Sameer Mahajan and Sam Lapkin**

A confirmatory factor analysis of the pain DETECT questionnaire for patients with low back pain *abs# 16*

Pars Lysis & Listhesis: The latest

2:30PM - 3:00PM Meeting Room C4.8

Chairs: Ashish Diwan & Allan Sturgess

2:30 PM **Daniel Chepurin**
Bony Stress *abs# 17*

2:37 PM **Vivek Ramakrishna**
Biomechanics of Lytic Defect and Spondylolisthesis *abs# 18*

2:44 PM **Kyle A Sheldrick**
The natural history of pars lysis and progression to lytic spondylolisthesis, with a focus on radiological predictors of progression *abs# 19*

2:51 PM **Ashish Diwan**
Newer developments in Surgical Management of Lytic Spondylolisthesis. *abs# 20*

Tea and Coffee Break

3:00PM - 3:15PM Meeting Room C4.9 + C4.10

Cervical Spine

3:15PM - 3:30PM Meeting Room C4.8

Chairs: Allan Sturgess & Ashish Diwan

3:15 PM **Tarcisio F de Campos**
Prevention of neck pain: a systematic review and meta-analysis *abs# 21*

3:22 PM **Keerthana Sritharan**
Validity of Sagittal and Axial Plane Metrics in the Assessment of Cervical Canal Stenosis on Magnetic Resonance Imaging *abs# 22*

Spinal Canal Stenosis - Clinical Trials 3

3:30PM - 4:00PM Meeting Room C4.8

Chairs: Ashish Diwan & Allan Sturgess

3:30 PM **Xiaolong Chen**
Lumbar Canal Stenosis - Pathology and Natural History *abs# 23*

3:40 PM **Ian Harris**
Surgery for Spinal Stenosis (SUcceSS) – A randomised, placebo-controlled trial *abs# 24*

Yoga Time

4:00PM - 4:15PM Meeting Room C4.8

Disc Physiology, its Degradation and Regeneration

4:15PM - 5:00PM Meeting Room C4.8

Chairs: Allan Sturgess & Ashish Diwan

4:15 PM **Danny Chan**

The Spinal Disc Degeneration *abs# 25*

4:35 PM **Ji Tu**

Sestrin-Mediated Inhibition of Stress Induced Intervertebral Disc Degradation
Through the Enhancement of Autophagy *abs# 26*

4:45 PM **Justin Mowbray**

Intradiscal Therapies *abs# 27*

Conference Mixer

5:00PM - 6:30PM Meeting Room C4.9 + C4.10