



Asia Pacific Spine Society (APSS) Basic Spine Course Kathmandu 2026

Building the Next Generation of Spine Surgeons

Hosted by Kathmandu Medical College Teaching Hospital

19-20 September 2026



VENUE

Hotel Ramada by Wyndham, Dhumbarahi, Kathmandu
Kathmandu Medical College, Basic Science Building, Duwakot, Bhaktapur



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COURSE HIGHLIGHTS

- ☀ **Learn** from Renowned International & National Expert Faculty
- 👥 **Limited to 30 Participants**
- 🦴 **Hands-on Instrumentation Training on Sawbone Models & Cadavers**



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Organizing Team



Dr. Bimal Kumar Pandey
Patron



Dr. Prakash Sitoula
Course Chair



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Organizing Committee



Dr. Sunit Dahal
Course Co-Secretary



Dr. Aman Shah
Course Co-Secretary



Dr. Rajesh Kumar Chaudhary
Scientific Committee



Dr. Bishnu Babu Thapa
Scientific Committee



Dr. Umash Karki
Scientific Committee

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Dr. Rohit Kumar Pokharel
Advisor



Dr. Ganesh Gurung
Advisor



Dr. Rabindra Lal Pradhan
Advisor



Dr. Binod Bijukachhe
Advisor



Dr. Dipak Shrestha
Advisor



Dr. Babu Kaji Shrestha
Advisor



Dr. Ashok Ratna Bajracharya
Advisor

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Invited International Faculties



Prof. Gabriel Liu
Singapore



Dr. Jonathan Tan
Singapore



Dr. Romel P. Estillore
Phillipines



Dr. Howard Hao-Wen Chen
Taiwan

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Dr. Abhay Yadav



Dr. Bikash Parajuli



Dr. Bimal Kumar Pandey



Dr. Binod Bijukachhe



Dr. Bishnu Babu Thapa



Dr. Dipak Shrestha

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Dr. Prakash Sitoula



Dr. Prem Bahadur Shahi



Dr. Rajesh Kumar Chaudhary



Dr. Ram Krishna Barakoti



Dr. Suraj Bajracharya



Dr. Umash Karki

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Scientific Schedule

Day 1

Day 1	Saturday, September 19, 2026	
08.30 - 08:45	Registration	
08:45 - 09:00	Welcome and Faculty Introduction	
Session 1:	Cervical Spine: Evaluation, Decision-Making & Surgical Principles	
Chairpersons:	Dr. Romel Estillore / Dr. Suraj Bajracharya	
09:00 - 09:15	The Vertebral Artery and the Anterior Neck: Anatomy That Changes the Operation	Dr. Prem Bahadur Shahi
09:15 - 09:30	Cervical Myelopathy & Radiculopathy: Clinical Evaluation, Imaging & Surgical Decision-Making	Dr. Gabriel Liu
09:30 - 09:45	Subaxial Cervical Spine Trauma: Evaluation, Classification, Reduction & Surgical Decision-Making	Dr. Abhay Yadav
09:45 - 10:00	ACDF: Indications, Surgical Technique & Avoiding Complications	Dr. Bimal Kumar Pandey
10:00 - 10:15	Posterior Cervical Instrumentation: Lateral Mass & Cervical Pedicle Screws — Principles and Safe Technique	Dr. Prakash Sitoula
10:15 - 10:30	Posterior C1–C2 Fixation: Techniques, Landmarks & Pitfalls	Dr. Dipak Shrestha
10:30 - 10:45	Motion-Preserving Posterior Cervical Surgery: Indications, Laminoplasty & Posterior Foraminotomy	Dr. Jonathan Tan
10:45 - 10:55	Q&A / Panel Discussion	
10:55 - 11:15	Coffee Break	

Session 2: Thoracic and Thoracolumbar Spine: Trauma, Infection & Instrumentation		
Chairpersons: <i>Dr. Rabindra Lal Pradhan / Dr. Binod Bijukachhe</i>		
11:15 - 11:30	From Rib Cage to Free Segment: Applied Anatomy of the Thoracic and Thoracolumbar Spine	Dr. Rajesh Kumar Chaudhary
11:30 - 11:45	Thoracolumbar fractures - I: Mechanism, Imaging & Classification	Dr. Bikash Parajuli
11:45 - 12:00	Thoracolumbar Fractures II: Surgical Decision-Making, Reduction, Decompression & Fixation	Dr. Jonathan Tan
12:00 - 12:15	Approach to the Patient with Suspected Spinal Infection: Red Flags, Imaging and Treatment	Dr. Binod Bijukachhe
12:15 - 12:30	Thoracic Pedicle Screw Placement: Freehand Techniques, Bail-out Strategies and the In-Out-In Technique	Dr. Gabriel Liu
12:30 - 12:40	Q&A / Panel Discussion	
12:40 - 12:55	Course Inauguration (followed by Group Photography)	
12:55 - 13:55	Lunch Break	

Session 3: Lumbar Spine: Common Pathologies & Surgical Principles		
Chairpersons: <i>Dr. Babu Kaji Shrestha / Dr. Dipak Shrestha</i>		
13:55 - 14:10	Roots, Recesses and the Lumbosacral Junction: The Anatomy Behind Common Errors	Dr. Umash Karki
14:10 - 14:25	Lumbar Disc Herniation: Clinical Evaluation, Imaging & Surgical Decision-Making	Dr. Suraj Bajracharya
14:25 - 14:40	Lumbar Spinal Stenosis: Evaluation, Decompression & When to Add Fusion	Dr. Romel Estillore
14:40 - 14:55	Lumbar Spondylolisthesis: Classification, Evaluation & Principles of Surgical Management	Dr. Bishnu Babu Thapa
14:55 - 15:10	Lumbar Pedicle Screw Placement: Freehand Technique, Landmarks & Avoiding Malposition	Dr. Howard Hao-Wen Chen
15:10 - 15:20	Q&A / Panel Discussion	
15:20 - 15:40	Coffee Break	

Session 4: Surgical Techniques Masterclass: Pearls, Pitfalls & Bail-outs		
Chairpersons: <i>Dr. Ashok Ratna Bajracharya / Dr. Jonathan Tan</i>		
15:40 - 15:50	Percutaneous Pedicle Screw Fixation: Principles & Technique for Beginners	Dr. Howard Hao-Wen Chen
15:50 - 16:00	Open TLIF: Step-by-Step Technique, Pearls & Pitfalls	Dr. Romel Estillore

16:00 - 16:10	The Osteoporotic Spine: Optimising Screw Purchase, Augmentation & Construct Strategy	Dr. Ram Krishna Barakoti
16:10 - 16:20	Spinopelvic Fixation: Iliac and S2AI Screw Techniques	Dr. Gabriel Liu
16:20 - 16:30	Pedicle Screw Malposition: Recognition, Prevention & Bail-out Strategies	Dr. Dipak Shrestha
16:30 - 16:40	Q&A / Panel Discussion	

Session 5:	Closing Keynote: Artificial Intelligence in Spinal Care	
Chairperson:	Dr. Howard Hao-Wen Chen	
16:40 - 16:55	Artificial Intelligence in Spinal Imaging: Improving Diagnostic Accuracy and Surgical Planning	Dr. Jonathan Tan
16:55 - 17:10	Closing Remarks	

Day 2

Day 2	Sunday, 20 September 2026	
08:30 - 09:00	Registration	
09:00 - 09:10	Welcome and group allocation for saw bone session	
Session 1:	Saw Bone Session	
09:10 - 10:40	Hands-on practice on saw bone models	
10:40 - 10:50	Coffee Break	
Session 2:	Cadaveric Session	
10:50 - 11:05	Introduction to cadaveric session	
11:05 - 14:05	Hands-on cadaveric practice	
14:05 - 14:15	Closing Remarks	
14.15 - 15.15	Lunch Break	



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Designation/ Countries	Nepal		India		Asia-Pacific Region	
	APSS member	APSS non-member	APSS member	APSS non-member	APSS member	APSS non-member
Surgeons (Ortho/Neuro)	NRs. 7000	NRs. 8000	IRs. 7000	IRs. 8000	USD 90	USD 100
Residents	NRs. 5000	NRs. 6000	IRs. 5000	IRs. 6000	USD 70	USD 80

REGISTER NOW



Call for Registration

+977-9841298947

SCAN TO PAY



<https://forms.gle/Q1kt7Tw8krN6DTDK8>

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