APSS Dhaka
Spine Operative Course

13 to 15 March 2018

Venue
National Institute of Traumatology & Orthopaedic Rehabilitation (NITOR)
CENTRAL SPONSOR

Medtronic

MIRACLUS ORTHOTECH PVT LTD

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NATIONAL ORGANIZING COMMITTEE

BANGLADESH SPINE SOCIETY
EXECUTIVE COMMITTEE

President                  Prof Dr Khondker Abdul Awal (Rizvi)
Vice-Presidents           Dr Fazlul Hoque
                           Dr Md Kamrul Ahsan
Secretary General         Dr Md Shah Alam
Treasurer                 Dr Syed Shahidul Islam
Joint Secretary           Dr Md Anowarul Islam
                           Dr Md Yousuf Ali
Organizing Secretary      Dr Md Wahidur Rahman
Scientific Secretary      Dr Md Rezaul Karim
Publication Secretary     Dr Md Golam Sarwar
Office Secretary          Dr Provash Chandra Saha
International Affairs Secretary Dr Md Shahidul Islam Akon

SOCIAL WELFARE & CULTURAL

Secretary                  Dr A K M Zahir Uddin
Members                    Dr M Idris Ali
                           Brig Gen (Dr) M Nuruzzaman
                           Col (Dr) Md Abdul Awal Bhuiyan
                           Dr M Ishaque Bhuiyan
                           Dr Md Monjurul Hoque Akonda Chowdhury
                           Dr Md Abdul Gani Mollah
                           Dr Abdur Rob
                           Dr Md Anisur Rahman Labu
                           Dr Monaim Hossen
                           Dr SIM Khairun Nabi Khan
                           Dr Md Jahangir Alam
                           Dr Muhammad Sieful Islam
                           Dr Najmus Sakeb
                           Dr Md Shahidul Islam Khan
DATO’ DR K S SIVANANTHAN
MALAYSIA
PRESIDENT

DR KEITH DIP KEI LUK
HONG KONG
PRESIDENT ELECT

DR MUN KEONG KWAN
MALAYSIA
SECRETARY

DR YAT WA WONG
HONG KONG
TREASURER

DR KUNIYOSHI ABUMI
JAPAN
IMMEDIATE PAST PRESIDENT
Dear Colleagues and Friends,

It gives me the greatest pleasure to welcome you to join us at the APSS Dhaka Operative Spine Course of the Asia Pacific Spine Society (APSS), which is held at the National Institute of Traumatology & Orthopaedic Rehabilitation (NITOR), Dhaka, from March 13-15, 2018. The APSS is looking forward to interact with spine surgeons from Bangladesh.

The APSS has been holding various basic and advanced operative spine courses in the Asia Pacific region since 1980, and is always eager to reach out to more spine communities in the region. This operative course will provide a constructive and conducive platform for you to enhance the principal and advanced knowledge of pathological conditions of spinal disorders and explore the latest surgical techniques of spinal surgery. With the presence of international and local faculty members, plenty of networking opportunities will be available for you to personally interact with them during the pre-operative discussion, lectures and saw bone workshops during the course.

The highlight of the course is the showcase of live surgeries conducted by both our faculty members and local team, in which the surgeries will be transmitted live to the auditorium to facilitate the learning of the surgical techniques. You may look forward to the interesting discussion with the surgeons during and after their operations regarding various surgical techniques including tips and tricks to improve the positive results and to avoid complications during the surgeries.

Alongside the educational program, I encourage you to take time to discover the bustling rhythm of Dhaka and truly embrace this furiously beating heart of Bengali culture. You may take a ride at the back of one of its myriad colorful cycle-rickshaws to uncover Dhaka’s charm where the Mughal and British monuments speak of its history and its mosques and Hindu temples of its spiritual side.

On behalf of the APSS, I would like to express my deepest appreciation to the society’s official partners, Medtronic, for their unwavering support to our educational activities, and to Miraclus who has come onboard to support this operative course. I wish to also congratulate the local organizing chairman and secretary, Prof Dr Khondker Abdul Awal (Rizvi) and Prof Dr Md Shah Alam, as well as the Bangladesh Spine Society (BSS) Committee, for such a successful partnership in organizing this course.

I welcome you to a memorable experience in Dhaka.

With warmest regards,
DATO’ DR K S SIVANANTHAN
President of the Asia Pacific Spine Society
It’s my immense pleasure to be a part of APSS Dhaka Spine Operative Course, March, 2018. I am honored to extend my honor to Asia Pacific Spine Society for organizing such a prestigious educational program at our National Institution in joint venture with Bangladesh Spine Society. Since its inception, APSS has been working as an educational and scientific forum for the advancement of knowledge in the field of spine surgery, especially in many developing cities in the Asia Pacific. In spite of many insufficiencies of our institutional capacity, we are still striving to develop many super specialties of orthopaedic surgery like Spine, Arthroplasty, Arthroscopy, etc. We are promoting the educational and operative skill by continuous supervised training with our limited facilities.

These courses are successful collaborations of the competent national hosts and enthusiastic APSS faculties. It will provide platform for young surgeons to enhance principal and advanced knowledge of spinal disorders, besides to explore latest surgical techniques through live spine surgeries, lectures, workshops and discussions. I hope that all activities that the APSS is and will be conducting, build momentum towards fulfilling their mission of advancing spine care.

I would like to warmly welcome all of you, young and experienced spine surgeons from home and abroad, to join us in working together for the development of spine surgery in the Asia Pacific region.

I wish all the success of this great occasion.

PROF DR ABDUL GANI MOLLAH
Director of National Institute of Traumatology & Orthopaedic Rehabilitation, Dhaka, Bangladesh
President of Bangladesh Orthopaedic Society
I am extremely happy to see that APSS is organizing its prestigious Operative Spine course for the first time in Dhaka. I welcome you all to the operative course.

Bangladesh is gradually improving in economic and social sectors. The health sector has also undergone significant improvement. The people of Bangladesh expect and truly deserve better health care. However, we are yet to provide health care up to the expectations of our citizens, especially in the field of Spinal surgery.

Unfortunately, we have a limited number of spine surgeons and very limited number of hospitals to handle spinal conditions. Thus, we need an adequate number of trained spinal surgeons and facilities in the country. I hope that this operative course will help the surgeons of Bangladesh and the surgeons of this region to become truly trained spine surgeons.

Finally, I would like to thank the executives of APSS, local organizers, course instructors and the participants for their time and effort to make this program successful.

PROF DR KHONDKER ABDUL AWAL (RIZVI)
Organizing Chairman of the APSS Operative Course 2018
President of Bangladesh Spine Society
Dear Participants and Colleagues,

Together with my executives, I wish you a very happy, healthy and prosperous life. Indeed, the growth of BSS has been propelled collectively by the committed and dedicated contributions of the spine professionals of Bangladesh. I am humbled, honored and privileged to assume the role of Secretary General of Bangladesh Spine Society, as well as the Local Organizing Secretary of APSS Dhaka Spine Operative Course, March, 2018.

This joint venture with APSS is a great scientific occasion in this region, targeting the young enthusiastic spine surgeons, developing themselves with updated knowledge and skills. As a regional leader of the fraternity of spine surgeons, I am deeply grateful to APSS for organizing this magnificent Operative course on spine surgery in our venue.

I am inspired by their commitment to the spine community for acquiring excellence in professional skill for achieving the goal of up-to-date spine care in this country, as well as internationally. As a partner organization with APSS by combined efforts, we would like to globalize, harmonize and integrate our own strategies for updating our knowledge and techniques. We should collaborate and communicate with our Global partners to build up consensus for a universal strategy of Spine management based on dedicated research and evidence-based practice. We must innovate and strive for excellence by continually identifying and promulgating new ideas to face the unmet challenges of complex disorders spine.

I welcome all the foreign faculties who are leading the global spine community to our venue and taking the trouble of coming here to share their recent knowledge among us, especially our younger group. I congratulate all the participants of this course who have shown their keen interest in spine surgery for their future career development. I also express my deep gratitude to NITOR administration, especially the Director, NITOR and BOS for their whole-hearted cooperation for making this program successful.

I wish every success of APSS Dhaka Spine Operative Course March 2018.

DR MD SHAH ALAM
Local Organizing Secretary of the APSS Operative Course, Dhaka, Bangladesh
Secretary General of Bangladesh Spine Society
On behalf of the Bangladesh Orthopaedic Society, it’s my great pleasure to welcome you all to this high profile educational program APSS Dhaka Spine Operative Course, March 2018, jointly organized by Asia Pacific Spine Society (APSS) and Bangladesh Spine Society (BSS). The scientific topics arranged by the organizing committee are definitely time demanding, interesting and matched up for the context of spine issues of this region.

APSS is an established spine society in the Asia Pacific region with over 400 members advancing the science, art and practice of spine surgery. They are also promulgating the maintenance of professional standards in order to provide the best clinical and social care to patients with spinal problems in the Asia Pacific region.

I would like to congratulate all the participants of this course and the honorable faculties from abroad for their cordial efforts to make this operative course successful. I pay my gratitude to the Local authority for their heartfelt co-operation to arrange this course in this Institute.

I wish every success of APSS Dhaka Spine Operative Course March 2018.

PROF DR SYED SHAHIDUL ISLAM
Secretary General of the Bangladesh Orthopaedic Society
DATO’ K S SIVANANTHAN
Orthopaedics & Traumatology Department
Hospital Fatimah, Ipoh, Perak Malaysia

ARVIND JAYASWAL
Department of Spine Surgery
Primus Super Speciality Hospital
New Delhi India

ROHIT POKHAREL
Department of Orthopedics & Trauma Surgery (Spine Unit)
Maharajgunj Medical Campus
Institute of Medicine Tribhuvan
University Teaching Hospital, Nepal

KHONDKER ABDUL AWAL (RIZVI)
Orthopaedic Surgery
Green Life Medical College & Hospital, Dhaka
Bangladesh

KUNIYOSHI ABUMI
Center for Spinal Disorders
Sapporo Orthopaedic Hospital
Hokkaido University
Japan

MUHAMMAD TARIQ SOHAIL
Doctors Hospital and Medical Center, Lahore
Punjab Pakistan

DENNIS HWEE WENG HEY
National University Hospital (NUH)
National University Health System (NUH)
Singapore

MD SHAH ALAM
Department of Spine & Orthopaedic Surgery
National Institute of Traumatology & Orthopaedic Rehabilitation
Bangladesh

MD KAMRUL AHSAN
Department of Orthopaedics
Bangabandhu Sheikh Mujib Medical University (BSMMU), Dhaka
Bangladesh
1. **Cervical Spine**
   a. Anterior Cervical i.e. ACDF or ACCF
   b. Anterior Cervical i.e. Arthroplasty
   c. Posterior Cervical Fixation i.e. Lateral Mass or Pedicle Screw Fusion
   d. Posterior Cervical Decompression i.e. Laminoplasty
   e. Posterior Cervical C1/2 Fusion
   f. Posterior Occipitocervical Fusion

2. **Coronal Deformity Correction**
   a. Adolescent Idiopathic Scoliosis i.e. Posterior Instrumented Spinal Fusion

3. **Sagittal Deformity Correction**
   a. Ankylosing Spondylitis
   b. Scheuermann Kyphosis
   c. Neglected Traumatic Fracture
   d. TB Spine Kyphosis

4. **Spinal Instability +/- Neurological Deficit for Stabilization +/- Decompression**
   a. Traumatic Acute Fracture
   b. Spinal Infection
   c. Spinal Metastases

5. **Lumbar Spinal Stenosis (LSS)**
   a. Decompression Alone i.e Medial Facetectomy, Laminectomy or Internal Laminolasty, Discectomy for HNP
   b. Decompression and Fusion i.e. Open TLIF, MIS TLIF or DLIF

*The final operative list / cases will be decided on 13th March 2018, during the pre-operative assessment. 8 – 10 cases will be selected from the above list for live surgery telecast during the entire 3-day course.*
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<td>REGISTRATION OF PARTICIPANTS</td>
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<td>0900 – 1200</td>
<td>Pre-Operative Cases Discussion</td>
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<td>1000 – 1015</td>
<td><strong>TEA BREAK</strong> [<strong>VENUE</strong>: New Building, 1st Floor]</td>
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<tr>
<td>1300 – 1400</td>
<td><strong>LUNCH &amp; PRAYER BREAK</strong> [<strong>VENUE</strong>: New Building, 1st Floor]</td>
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<td>1400 – 1530</td>
<td><strong>SAW BONES WORKSHOP 1</strong>&lt;br&gt;Thoracic Pedicle Screw, Lumbar Pedicle Screw, S1 Screw, Iliac Screw and S2AI Screw Fixation&lt;br&gt;<em>Arvind Jayaswal, Rohit Pochare</em></td>
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<tr>
<td>1530 – 1700</td>
<td><strong>SAW BONES WORKSHOP 2</strong>&lt;br&gt;Posterior Instrumentation of Cervical Spine i.e. C1/C2 Fixation, Lateral Mass and Cervical Pedicle Screw Fixation / Anterior Cervical Discectomy Fusion&lt;br&gt;<em>Dato’ K S Sivanathan, Kuniyoshi Abumi</em></td>
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<tr>
<td>1700 – 1715</td>
<td><strong>TEA BREAK</strong> [<strong>VENUE</strong>: New Building, 1st Floor]</td>
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<tr>
<td>1900</td>
<td><strong>FACULTY DINNER</strong> [<strong>VENUE</strong>: Absolute BBQ BD, Ahmed and Kazi Tower]</td>
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# DAY 2
**14th March 2018 (Wednesday)**

**Venue:** Conference Room No. 3, NITOR

<table>
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<tr>
<th>Time</th>
<th>Session</th>
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<tr>
<td>0800 – 0830</td>
<td>Registration of Participants</td>
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<tr>
<td>0830 – 0900</td>
<td><strong>Opening Conference</strong>  &lt;br&gt;Chair by Khondker Abdul Awal (Rizvi)  &lt;br&gt;– Welcome Speech by Local Organizing Secretary &amp; Secretary General, Bangladesh Spine Society  &lt;br&gt;Md Shah Alam  &lt;br&gt;– Speech by Secretary General, Bangladesh Orthopaedic Society  &lt;br&gt;Syed Shahidul Islam  &lt;br&gt;– Welcome Speech by President, APSS  &lt;br&gt;Dato’ K S Sivananthan  &lt;br&gt;– Speech by the NITOR’s Director and President of Bangladesh Orthopaedic Society  &lt;br&gt;Md Abdul Gani Mollah  &lt;br&gt;– Speech by the Local Organizing Chairman and President of Bangladesh Spine Society  &lt;br&gt;Khondker Abdul Awal (Rizvi)</td>
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<tr>
<td>0900 – 0915</td>
<td>Tea Break  &lt;br&gt;[Venue: New Building, 1st Floor]</td>
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<tr>
<td>0915 – 0925</td>
<td>Basic surgical techniques for pedicular screws in upper dorsal scoliosis  &lt;br&gt;Muhammad Tariq Sohail</td>
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<td>0925 – 0935</td>
<td>Fusion levels in surgical treatment of Adolescent Idiopathic Scoliosis  &lt;br&gt;Arvind Jayaswal</td>
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<tr>
<td>0935 – 0945</td>
<td>Upper and Lower cervical spine trauma – Management strategies  &lt;br&gt;Kuniyoshi Abumi</td>
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<td>0945 – 0955</td>
<td>Surgical management of cervical OPLL: Anterior/posterior  &lt;br&gt;Dato’ K S Sivananthan</td>
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<tr>
<td>0955 – 1005</td>
<td>Surgical management of thoracic OPLL and OLF  &lt;br&gt;Kuniyoshi Abumi</td>
</tr>
<tr>
<td>1005 – 1015</td>
<td>Kyphoplasty and Vertebroplasty: Indications &amp; Tips  &lt;br&gt;Dennis Hwee Weng Hey</td>
</tr>
<tr>
<td>1300 – 1400</td>
<td>Lunch &amp; Prayer Break  &lt;br&gt;[Venue: New Building, 1st Floor]</td>
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<tr>
<td>1600 – 1615</td>
<td>Tea Break  &lt;br&gt;[Venue: New Building, 1st Floor]</td>
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<tr>
<td>1900</td>
<td><strong>Course Dinner</strong>  &lt;br&gt;[Venue: HANGOUT, Rupayan ZR Plaza]</td>
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<tr>
<td>0900 – 1700</td>
<td>Live Surgery  &lt;br&gt;(Kindly refer to the OT list attachment which will be distributed)  &lt;br&gt;Operation Theatre 1  &lt;br&gt;Operation Theatre 2</td>
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<tr>
<td>Time</td>
<td>Session</td>
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<tr>
<td>0830 – 0850</td>
<td>Discussion and evaluation post-op cases done on DAY 2</td>
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</tbody>
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| 0850 – 0900 | Clinical signs of cervical myelopathy and surgical principles  
Kamrul Ahsan               |
| 0900 – 0910 | Degenerative lumbar stenosis – When is decompression alone adequate?  
Muhammad Tariq Sohail     |
| 0910 – 0920 | Surgical management of adult degenerative scoliosis  
Rohit Pokharel             |
| 0920 – 0930 | Pathomechanism of degenerative spondylolisthesis and treatment strategy  
Khondker Abdul Awal (Rizvi) |
| 0930 – 0940 | Management of post-TB kyphosis  
Md Shah Alam                |
| 0940 – 0950 | Surgical strategies for management of metastatic spinal disease  
Dennis Hwee Weng Hey        |
| 0950 – 1005 | **TEA BREAK** [Venue: New Building, 1st Floor]                          |
| 1600 – 1615 | **TEA BREAK** [Venue: New Building, 1st Floor]                          |
| 1700     | **CLOSING AND CERTIFICATE PRESENTATION**                                 |
| 0830 – 1700 | **LIVE SURGERY**  
(Kindly refer to the OT list attachment which will be distributed)  
Operation Theatre 1  
Operation Theatre 2       |
LIST OF PARTICIPANTS

**DR MD SARWAR JAHAN**
Medical Officer
NITOR
MBBS (2006), FCPS (Ortho) - Resident
DOB: 16-12-1982
EMAIL: drsarwark58@gmail.com
MOBILE: 01714-461074

**DR MD MOHAMMAD ABDUL HANNAN**
Junior Consultant
Sylhet MAG Osmani Medical College Hospital
MBBS(2004), MS-Ortho (2014)
DOB: 15-02-1981
EMAIL: hannandmc@gmail.com
MOBILE: 01915-494404

**DR MD MUSFIQUR RAHMAN**
Junior Consultant
Upazila Health Complex, Fultala,
Khulna Attached in NITOR
EMAIL: musfiqurrahmanortho@gmail.com
MOBILE: 01711-393190

**DR MD MONOWAR TARIK**
Junior Consultant, Ortho Surgery
UHC Tanore, Rajshahi
MBBS(1999), D-Ortho(2005)
EMAIL: tarik.sabu@gmail.com
MOBILE: 01711-972280

**DR MD ALAUDDIN**
MBBS (1999), MS-Ortho (2007), BSMMU
Junior Consultant
Bangladesh Secretariat Clinic
146/E north Shamoly, Kazi office area, Dhaka 1207
EMAIL: alauddin_k49@yahoo.com
MOBILE: 01712-143291

**DR ABDULLAH AL MAHMUD**
Registrar, Dept. of Orthopedic Surgery
iBN Sina Medical College, Dhaka
MBBS, D-Ortho
EMAIL: draalmahmud@gmail.com
MOBILE: 01716-385867

**DR MD SOFIKUL ISLAM**
Asst Prof
Rajshahi Medical College, Durgapur, Rajshahi
MBBS(2001), MS-Ortho (2011)
DOB: 01-07-1976
EMAIL: sofikuldr@gmail.com
MOBILE: 01718-578641

**DR MD SOFIKUL ISLAM**
Asst Prof DMCH
MBBS, 1997
MS-Ortho (2009)
EMAIL: shahid.akon@yahoo.com
MOBILE: 01711-149179

**DR MD TAIMUR RAHMAN**
Consultant Ortho, Upazila Health Complex Lalpur, Natore
DOB: 08-09-1974
EMAIL: rahman.taimur75@gmail.com
MOBILE: 01711-040809

**DR MD SHAHIDUL ISLAM AKON**
Consultant, CRP, Dhaka
MBBS (2003), D-Ortho (2010)
DOB: 01-06-1977
EMAIL: dids78@comc@yahoo.com
MOBILE: 01719-061961

**DR MD FARIDUL ISLAM**
Registrar, Abdul Malek Ukil Medical College & Hospital, Noakhali.
MBBS-2002, MS-2017
DOB: 09-01-1977
EMAIL: drmdfislam@yahoo.com
drdfislam@gmail.com
MOBILE: 01712-157397

**DR SYED DIDARUL ISLAM**
Consultant, CRP, Dhaka
MBBS (2003), D-Ortho (2010)
DOB: 01-06-1977
EMAIL: dids78@comc@yahoo.com
MOBILE: 01719-061961
LIST OF PARTICIPANTS 2

**DR MD MUZIBUR RAHMAN**  
Asst Prof NITOR  
DOB: 31-12-1961  
EMAIL: muzib20@yahoo.com  
MOBILE: 01711-849697

**DR SAYEED AHAMED**  
Junior Consultant, Orthopaedic Surgery  
10/A, Ahammod Nagar, Sopura, Rajshahi 6203  
MBBS  
DOB: 10-02-1973  
EMAIL: ahammedsayeed03@gmail.com  
MOBILE: 01711-968957

**DR MOHAMMAD BADSHA MIAH**  
Junior Consultant  
Orthopaedic Surgery  
100 Beded Sadar Hospital  
Shariatpur  
EMAIL: dr.badshamiaih@gmail.com  
MOBILE: 01715-469729

**DR SYED MUHAMMAD ABDULLAH**  
MS Resident, NITOR  
MBBS (2010)  
DOB: 25-06-1987  
EMAIL: dr.m.abdullah87@gmail.com  
MOBILE: 01715-046131

**DR R A M KAUSARUL ISLAM**  
Asst Prof NITOR  
DOB: 10-02-1963  
EMAIL: kausarulramfahadrahad@gmail.com  
MOBILE: 01712-634001

**DR MD KAMRUZZAMAN**  
Asst Prof.NITOR  
MBBS (1992), MS-Ortho (2005)  
DOB: 01-03-1968  
EMAIL: ztushar2000@yahoo.com  
MOBILE: 01711-151379

**DR SYED GOLAM SAMDANI**  
Asst Prof NITOR  
DOB: 01-06-1970  
EMAIL: samdani.samdani@gmail.com  
MOBILE: 01746-579350

**DR NIRMAL KANTI BISWAS**  
Registrar, DMC  
MBBS, MS-Orthopaedic Surgery  
DOB: 20-06-1978  
EMAIL: drbiswas29@gmail.com  
MOBILE: 01716-206698

**DR REZAUL KARIM**  
Jr. Consultant, Ortho Surgery (MS-Ortho)  
Anwara Health Complex Chittagong  
DOB: 19-11-1971  
EMAIL: drjamalortho@gmail.com  
MOBILE: 01819-119698

**DR APEL CHANDRA SAHA**  
Jr. Consultant  
UHC, Debidwar, Comilla  
MBBS (1997), D-Ortho (2003), BSMMU  
MS-Ortho (2009) NITOR/ Dhaka University  
DOB: 15-04-1972  
EMAIL: dr.apel@yahoo.com  
MOBILE: 01741-103257

**DR MUHAMMED SIEFUL ISLAM**  
Asst Prof  
Orthopaedic Surgery  
Holy Family RC MCH  
MBBS, D-Ortho, MS-Ortho, AO Trauma,  
EMAIL: siefdr74@yahoo.com  
MOBILE: 01711-150130

---
LIST OF PARTICIPANTS 3

DR MUHAMMAD RAFIQUIL ISLAM
Junior Consultant, NITOR
DOB: 01-01-1977
EMAIL: muhammadrafiqulislam@gmail.com
MOBILE: 01711-466692

DR A K M SHAHARUL ISLAM
Asst Prof
TMSS Medical College, Bogra
EMAIL: drshaharul@gmail.com
MOBILE: 01793-113411

DR JIBANANDA HALDER
Asst Prof NITOR
DOB: 01-02-1970
EMAIL: dhiman1270@gmail.com
MOBILE: 01711-969261

DR MOLLA ERSHADUL HAQUE
Asst Prof
NITOR
DOB: 01-01-1962
EMAIL: ershadul1962@gmail.com
MOBILE: 01819-254359

DR S RAZU AHMED
IMO, DMCH
MBBS (2004), MS-Ortho (2017)
DOB: 10-05-1980
EMAIL: drsrazuahmed80@gmail.com
MOBILE: 01927-076628

DR O Z M DASTAGIR
MS-Ortho Resident, NITOR
DOB: 09-09-1983
EMAIL: ozmdastagir@gmail.com
MOBILE: 01712-202834

DR MOBINUL HOQUE
MS Resident, NITOR
MBBS (2009)
MS Resident
DOB: 30-06-1981
EMAIL: mobinulhoque30@gmail.com
MOBILE: 01956-595643

DR MOHAMMAD SAIFUL ISLAM
Assoc Prof MMCH
MBBS (1999), MS-Ortho (2011)
DOB: 31-12-1973
EMAIL: saifulbd1973@gmail.com
MOBILE: 01712-190330

DR MD HABIBUL HASAN
Junior Consultant, Orthopaedic Surgery
MBBS (2004), FCPS (2012)
Rajshahi Medical College Hospital, Rajshahi
MOBILE: 01717-544863

DR PANKOJ KANTI MONDOL
Consultant, NITOR
MBBS (2004), D-Ortho (2009)
DOB: 25-12-1979
EMAIL: dr.pkmondol@gmail.com
MOBILE: 01818-372728

DR NAJMUS SAKEB
Consultant, CMC
MBBS (2004), MS-Ortho (2012)
DOB: 23-10-1981
EMAIL: sakibortho999@yahoo.com
MOBILE: 01818-500977

DR M ISHAQ BHUIYAN
Prof EMCH
DOB: 25-01-1954
EMAIL: drishaqbhuiyan@gmail.com
MOBILE: 01711-902867
<table>
<thead>
<tr>
<th>Name</th>
<th>Position</th>
<th>Institution</th>
<th>DOB</th>
<th>Email</th>
<th>Mobile</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dr Md Nasir Uddin</td>
<td>Assoc Prof</td>
<td>MMCH</td>
<td>10-02-1970</td>
<td><a href="mailto:nasiruddin3914@gmail.com">nasiruddin3914@gmail.com</a></td>
<td>01747-761111</td>
</tr>
<tr>
<td>Dr Rafaqul Islam</td>
<td>Head of the Department of Ortho</td>
<td>Ibn Sina Medical College</td>
<td>03-01-1957</td>
<td><a href="mailto:dr.rafaqul_islam@yahoo.com">dr.rafaqul_islam@yahoo.com</a></td>
<td>01755-655371</td>
</tr>
<tr>
<td>Dr Nripen Kumar Kundu</td>
<td>Dr PMCH, Dhanmond</td>
<td>MBBS, FCPS part -1</td>
<td>31-10-1976</td>
<td><a href="mailto:drnripenkunda@gmail.com">drnripenkunda@gmail.com</a></td>
<td>01715-012020</td>
</tr>
<tr>
<td>Dr S M A Rahim</td>
<td>Specialist</td>
<td>Orthopaedics Dept, Square Hospital</td>
<td></td>
<td><a href="mailto:dr.smarahim@yahoo.com">dr.smarahim@yahoo.com</a></td>
<td>01715-043313</td>
</tr>
<tr>
<td>Dr Babul Kumar Saha</td>
<td>Senior Consultant, BMC</td>
<td>MBBS (1986), MS-Ortho</td>
<td>01-06-1960</td>
<td><a href="mailto:bksaha68@gmail.com">bksaha68@gmail.com</a></td>
<td>01971-261892</td>
</tr>
<tr>
<td>Dr Abul Kalam Azad</td>
<td>Junior Consultant, Netrocon Sadar Hospital</td>
<td>MBBS(2002), FCPS (2016)</td>
<td>18-01-1978</td>
<td><a href="mailto:ripon_dr@yahoo.com">ripon_dr@yahoo.com</a></td>
<td>01711-479735</td>
</tr>
<tr>
<td>Dr Sharif Ahmed Jonayed</td>
<td>Asst Prof NITOR</td>
<td>MBBS (2003), MS-Ortho</td>
<td>04-05-1980</td>
<td><a href="mailto:dr.jonayed@gmail.com">dr.jonayed@gmail.com</a></td>
<td>01711-445840</td>
</tr>
<tr>
<td>Dr Md Akshad Al Masur Anon</td>
<td>RS, 250 Bedded General Hospital, Pabna</td>
<td>MBBS, MS-Ortho, MRCS (Edin)</td>
<td>26-09-1979</td>
<td><a href="mailto:dr.onorthortho@gmail.com">dr.onorthortho@gmail.com</a></td>
<td>01712-218118</td>
</tr>
<tr>
<td>Dr Md Mohiuddin Aslam Koushik</td>
<td>Junior Consultant</td>
<td>Adamdighi UHC, Bogra</td>
<td></td>
<td><a href="mailto:koushik.ortho73@gmail.com">koushik.ortho73@gmail.com</a></td>
<td>01912-249077</td>
</tr>
<tr>
<td>Dr Md Asraf ul Matin Sagar</td>
<td>Junior Consultant, Comilla Medical College</td>
<td>MBBS, MS, D-Ortho</td>
<td>15-02-1977</td>
<td><a href="mailto:asrasagor@yahoo.com">asrasagor@yahoo.com</a></td>
<td>01711-987212</td>
</tr>
<tr>
<td>Dr Jonaed Hakim</td>
<td>Junior Consultant, Birdem General Hospital</td>
<td>MBBS, MS, D-Ortho</td>
<td>27-06-1979</td>
<td><a href="mailto:hakimjonaed@yahoo.com">hakimjonaed@yahoo.com</a></td>
<td>01975-701631</td>
</tr>
<tr>
<td>Dr Sharif Ahmed Jonayed</td>
<td>Asst Prof NITOR</td>
<td>MBBS (2003), MS-Ortho</td>
<td>04-05-1980</td>
<td><a href="mailto:dr.jonayed@gmail.com">dr.jonayed@gmail.com</a></td>
<td>01711-445840</td>
</tr>
<tr>
<td>Dr Mohammad Atiqrur Rahman</td>
<td>Medical Officer, NITOR</td>
<td>MBBS, D-Ortho</td>
<td>30-01-1983</td>
<td><a href="mailto:atiq_dr@yahoo.com">atiq_dr@yahoo.com</a></td>
<td>01748-911965</td>
</tr>
</tbody>
</table>
**LIST OF PARTICIPANTS 5**

**DR SYED SHAMSUL AREFIN**
Junior Consultant, Upazilla Health Complex, Gabtoli, Bogra
MBBS (1998), MS (2012)
DOB: 01-11-1971
EMAIL: arefinjevel71@gmail.com
MOBILE: 01712-512371

**DR PROVASH CHANDRA SAHA**
Junior Consultant
NITOR
MBBS (1998), MS-Ortho (2013)
DOB: 02-11-1971
EMAIL: provashsaha71@gmail.com
MOBILE: 01718-112539

**DR KAZI MOHAMMAD HANNANUR RAHMAN**
Asst Prof NITOR
DOB: 01-02-1980
EMAIL: dojewel@gmail.com
MOBILE: 01720-213544

**DR MD YOUSUF ALI**
Asst Prof
Dept. of Orthopaedics, BSMMU
MBBS, MS (2006)
EMAIL: bssyousuf@yahoo.com
MOBILE: 01919-420678

**DR MD SHAHIDUL ISLAM KHAN**
Consultant, BSMMU
146/2, Mayavill, Chaina Building Lane
Azimpur, Dhaka, Bangladesh
EMAIL: sikhn55@yahoo.com
MOBILE: 01818-726410

**DR K M RAFIQUIL ISLAM**
Consultant, BSMMU
MBBS (2003), MS-Ortho (2012)
DOB: 05-04-1979
EMAIL: shetu_dr@yahoo.com
MOBILE: 01819-446128

**DR G M SHAHIDUL ISLAM**
Junior Consultant
Sadar Hospital, Rajbari
EMAIL: drsislam23@gmail.com
MOBILE: 01716-808185

**DR MD ALINOOR**
Consultant, BSMMU
DOB: 07-01-1970
EMAIL: dr.alinoor70@gmail.com
MOBILE: 01819-420678

**DR KHAN ASADUZZAMAN**
Consultant, Neurosurgery
North East Medical College
South Surma, Sylhet
DOB: 09-07-1968
EMAIL: asadbgd@hotmail.com
MOBILE: 01943-347781

**DR MD ANOWARUL ISLAM**
Assoc Prof, BSMMU
DOB: 16-09-1968
EMAIL: maislam.spine@gmail.com
MOBILE: 01789-479121

**DR NAZMUL HUDA SHETU**
Consultant, Orthopaedic Surgery
MBBS (1993), MS-Ortho (July 2008)
DOB: 24-02-1968
EMAIL: nzmul.shetu@gmail.com
MOBILE: 01712-080344
LIST OF PARTICIPANTS

**DR BIJON KUMAR SAHA**
Consultant, Uttara Adhunik Medical College
DOB: 01-01-1978
EMAIL: bin.bsmmu@yahoo.com
MOBILE: 01774-333355

**DR HASAN KHALID MD MUNIR**
Bangladesh Medical, Dhanmondiy 32
DOB: 01-01-1977
EMAIL: dr.hasan.khalid.123@gmail.com
MOBILE: 01711-114535

**DR ANANTA KUMAR BHAKTA**
Registrar, NITOR
Orthopedics and Spine Surgeon
MBBS (2004), MS-Ortho (2015)
DOB: 05-03-1979
EMAIL: anantabhakta79@gmail.com
MOBILE: 01830-995336

**DR MD MATIUR RAHMAN**
Junior Consultant, Orthopaedic Surgery
IMCH
MBBS (1998), MS-Ortho (2009)
DOB: 03-04-1971
EMAIL: drmatiur7127@gmail.com
MOBILE: 01711-612095

**DR MAHAMUD MANNAN**
Medical Officer, BSMMU
MBBS (2003), D-Ortho (2016)
DOB: 16-05-1978
EMAIL: eshaanrafan@gmail.com
MOBILE: 01713-249380

**DR SHANKAR KUMAR ROY**
Assoc Prof
Sylhet MAG Osmani Medical College
DOB: 01-05-1970
EMAIL: roy.shankar0@gmail.com
MOBILE: 01711-608318

**DR MD RAISUL TASNEEM**
Consultant, Sheikh Fajilatunessa Memorial
KPJ Specialized Hospital, Gazipur
DOB: 12-12-1981
EMAIL: shalbitasneem@gmail.com
MOBILE: 01723-232900

**DR SHEIKH MOHAMMAD ALI**
Junior Consultant, Jessore Medical College Hospital
MBBS (1997), MS-Ortho (2007)
DOB: 10-07-1972
EMAIL: drskmdali@gmail.com
MOBILE: 01711-819609

**DR MD FERDOUS RAYHAN**
Junior Consultant, Orthopaedic Surgery
SBMCH, Barisal
D.Ortho (Nitor 2011), MS-Ortho (Nitor 2017)
DOB: 02-12-1982
EMAIL: dr.rayhan82@yahoo.com
MOBILE: 01915-453929

**DR KHANDAKER ABU SAYED**
Junior Consultant, MMCH
MBBS (2004), MS-Ortho (2016)
DOB: 16-10-1981
EMAIL: sayed_khandaker@yahoo.com
MOBILE: 01711-034692

**DR A B M MORSHED GONI**
Junior Consultant, Orthopaedic Surgery
Rangpur
DOB: 10-12-1977
EMAIL: morshedgoni@yahoo.com
MOBILE: 01711-148891

**DR MD NUR ALAM**
Asst Registrar, NITOR
MBBS, MS-Ortho, AO Trauma
DOB: 22-10-1978
EMAIL: drnuralambd@gmail.com
MOBILE: 01673-411428
LIST OF PARTICIPANTS 7

DR ASGAR HUSSAIN (SHOHAG)
Asst Registrar, NITOR
DOB: 21-02-1983
EMAIL: ahohagasar98@gmail.com
MOBILE: 01716-066763

DR ASHKER IBNA SHAMS
IMO, NITOR
DOB: 25-11-1984
EMAIL: polashboby55@gmail.com
MOBILE: 01717-039243

DR ABDULLAH AL MAMUN CHY
IMO, NITOR
MBBS (2006)
DOB: 01-01-1981
EMAIL: mamuncomc@gmail.com
MOBILE: 01714-575282

DR MOHAMMAD AMINUL ISLAM
Asst Registrar, NITOR
MBBS (2007), MS (2016)
DOB: 31-12-1983
EMAIL: aminul39mmc@gmail.com
MOBILE: 01717-073876

DR MD INSANUL ALAM
MS-Ortho Resident, NITOR
MBBS(2002)
DOB: 01-01-1978
EMAIL: insanulalam78@gmail.com
MOBILE: 01914-385000

DR DIPONKAR CHANDRA BANIK
CA, NITOR
MBBS (2006), D-Ortho (2014)
DOB: 01-01-1983
EMAIL: diponkarbanik83@gmail.com
MOBILE: 01711-667845
ABSTRACTS
**ABSTRACTS**

APSS DHAKA OPERATIVE COURSE DAY 2 - 0915

**BASIC SURGICAL TECHNIQUES FOR PEDICULAR SCREWS IN UPPER DORSAL SCOLIOSIS**

Muhammad Tariq Sohail  
*Hospital and Medical Center, Lahore, Punjab, Pakistan*

Pedicle in the cervical spine and dorsal spine are different anatomically and proximal thoracic vertebrae they are more similar to the cervical spine. The bodies are smaller and the pedicle direction is more convergent as compare to lower thoracic or lumbar spine. The pedicle is also narrow and elliptical. The screws can be inserted directly through free hand technique and are image guided. The important landmarks are the facet joint and the upper border of the transfer process. If the pedicle they are rounded and if of good diameter they can easily take screws of 5 mm diameter and if pedicle are more elliptical or sclerotic then it is osteoporotic than its difficult and in these situations screw can be placed between pedicle and rib head without jeopardizing safety and bio-mechanical expectations.
Selection of fusion levels in Adolescent Idiopathic Scoliosis (AIS) require a careful assessment of patient’s medical status including pulmonary function, activity level and appearance. Classifications of AIS provide algorithms towards selection of fusion levels. During the last decade, the Lenke classification which is a three-tiered analysis of curve types (1-6), lumbar modifier (A-C) and sagittal modifier (–, N, +) has emerged to be the benchmark system in the determining the fusion levels in AIS. This classification provide guidelines for selective fusion, motion segment preservation, post operative shoulder balance, prevention of proximal and distal junctional kyphosis etc. However existing algorithms can’t cover up few uncommon exceptions and further research may be helpful in this regard.

The main principle of the Lenke classification is that the major curves and the structural minor curves should be fused and non-structural minor curves allowed to correct spontaneously. The following are the most common fusion levels in Lenke classification with pedicle screw system.

Type 1 (Main thoracic curve): From neutral vertebra above to the stable vertebra below or stable minus one or two levels. In a (R) sided curve with right shoulder elevation, the upper instrumented vertebra (UIV) is T4 or T5; but T3 or T4 if the shoulders are level and T2 if the (L) shoulder is high pre operatively. Anterior fusion is an option in a skeletally immature patient with hypokyphosis or a lumbar modifier C, where fusion level is usually from upper (UEV) to lower end vertebra (LEV).

Type 2 (double thoracic curves): The UIV should be T2 (high left shoulder), T2 or T3 (with level shoulders) and T3 (high right shoulder) pre operatively. Generally, the Lower Instrumented vertebra (LIV) is the stable vertebra.

Type 3 (double major curves): The UIV may be T3–5, depending on the size and stiffness of the nonstructural proximal thoracic (PT) curve and any shoulder asymmetry. The LIV is usually L3 or L4 with the level determined by the stable vertebra.

Type 4 (triple major curves): Here the UIV is T2 or T3 (according to shoulder balance) and the LIV is L3 or L4.

Type 5 (thoracolumbar/lumbar curves): If fused anteriorly, it is from the UEV to the LEV. Treatment with posterior fixation with pedicle screws can be achieved over the same levels or to one additional caudal level.
Type 6 (thoracolumbar/lumbar–main thoracic curves): UIV varies from T3–5 with the location of main thoracic (MT) curve and shoulder height. The LIV is L3 or L4 which is usually the most proximal lumbar vertebra touched by the CSVL.

Selection of fusion levels in AIS has been traditionally a subject of debate among surgeons. The suggested landmarks like the end vertebra, stable vertebra and neutral vertebra and the clinical appearance of the patient, the type of the curve and its flexibility, the surgical technique and the instrumentation used etc play major roles in selecting the fusion levels in AIS.

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Summary

Cervical spine trauma with neurologic disturbance and/or definite segmental instability are usually indicated to surgical management. Surgeons must consider degree and types of neurologic deficits and spinal instability patterns for selection of surgical procedures.

1. Upper cervical trauma

Craniocervical junction and atlantoaxial segment without disc body unit has different biomechanical characteristic from lower cervical spine. The most important stabilizers in the craniocervical junction is the occipitoatlantal joints. The transverse ligament of the atlas, odontoid process and atlantoaxial joints have important role as the stabilizer of the atlantoaxial joints. Surgeons have to consider which stabilizers were compromised by injury for choice of surgical procedure.

2. Lower cervical trauma

Biomechanical circumstance from C2/3 to C7/T1 is almost similar with same stabilizers of the disc-body unit, anterior and posterior longitudinal ligaments and facet joints, etc. Lower cervical spine trauma can be roughly classified to anterior, posterior and combined anterior and posterior injuries. Surgeons can select surgical procedures considering instability patterns of injury, familiar approach and instrumentation for the surgeons. At present, surgeons can use many cervical fixation procedures including anterior plate, spinous process wiring, lateral mass screw or pedicle screw fixation.
SURGICAL MANAGEMENT OF CERVICAL OPLL: ANTERIOR/POSTERIOR

Dato’ Dr K S Sivananthan
Hospital Fatimah, Ipoh, Perak

The pathology of ossification of the posterior longitudinal ligament (OPLL) is progressive stenosis of the spinal canal, which may cause compression myelopathy, radiculopathy, or both.

Literature suggests that OPLL patients with mild myelopathy are good candidates for conservative treatment but they must be followed-up frequently.

Risk factors for a poor prognosis after conservative treatment or following the natural course of the disease to progress are:

1) The severity of the myelopathy
2) A long duration of myelopathy
3) A triangular cross-sectional of the spinal cord at the most severely affected segment
4) Segmental – or mixed – type OPLL
5) More than 60% stenosis

The role of surgery is to decompress and stabilize the spine.

The most important factor in choosing an anterior or posterior approach is cervical lordosis.

Anterior cervical decompression and reconstruction is a safe and appropriate treatment for cervical spondylitic myelopathy in the setting of OPLL. For patients with maintained cervical lordosis, posterior cervical decompression and stabilization is advocated. The use of laminectomy or laminoplasty is indicated in patients with preserved cervical lordosis and less than 60% of the spinal canal occupied by calcified ligament in a ‘hill-shaped’ contour.
SURGICAL MANAGEMENT OF THORACIC OPLL AND OLF

Kuniyoshi Abumi MD
Center for Spinal Disorders, Sapporo Orthopaedic Hospital, Hokkaido University, Japan

The prevalence of the posterior longitudinal ligament (OPLL) in thoracic spine is less than that of cervical myelopathy caused by cervical OPLL. However, once compressive myelopathy appeared at the thoracic spine, which mechanically more stable than other spinal levels by nature, conservative treatment such as rest or immobilization by brace is considered to be ineffective. Accordingly, decompressive surgery should be recommended for patients with severe or moderate thoracic myelopathy caused by OPLL. For thoracic myelopathy caused by OPLL, it had been pointed out that the results of posterior decompression were uncertain and poor in many patients. Main reason for the poor results of posterior decompression is that thoracic spine is naturally kyphotic, and the spinal cord is compressed anteriorly. At present time, choices of treatment for thoracic OPLL consist of posterior extensive laminectomy, anterior decompression through the anterior or posterior approach, and circumferential anterior and posterior decompression. In general, for patients with spinal cord compression caused by OPLL at the kyphotic portion of the thoracic spine, anterior decompression is recommended. However, for some patients with mild kyphosis at the thoracic spine, a simple and less invasive posterior extensive laminectomy could be indicated for decompression of OPLL. In addition, combined procedure of laminectomy and correction of kyphosis provides some improvement for thoracic myelopathy by OPLL.

Meanwhile ossification of the ligamentum flavum (OLF): directly compresses the spinal cord posteriorly, can be managed by posterior decompression of laminectomy.
KYPHOPLASTY AND VERTEBROPLASTY
– INDICATION AND TIPS

Dennis Hwee Weng Hey
National University Hospital (NUH), National University Health System (NUH)
Singapore

Kypho- and vertebroplasty of the spine involve the injection of cement into the vertebral body with or without prior ballooning. Their main purposes are to provide stability to the vertebral body during axial loading, and to act as a grout during realignment procedures. They are commonly employed in spinal fractures, degenerative spinal conditions, and metastatic spinal diseases. Although there are several ways both procedures may be performed, the main method involves a percutaneous transpedicular approach. The key steps to performing this approach are 1) accurate identification of the correct vertebra, 2) safe access to the vertebra, 3) monitored cement delivery with or without ballooning, and 4) proper trocar withdrawal.
Cervical myelopathy is the result of spinal cord compression in the cervical spine and is a common disorder in persons older than 55 years of age. Cervical compression in myelopathy is predominantly due to pressure on the anterior spinal cord with ischemia and to deformation of the cord by anterior herniated discs, spondylitic spurs, an ossified posterior longitudinal ligament or spinal stenosis. Early symptoms of this condition are ‘numb, clumsy, painful hands’ and disturbance of fine motor skill. The diagnosis of cervical myelopathy is primarily based on the clinical signs found on physical examination and is supported by imaging findings of cervical spondylosis with cord compression. There are numerous surgical strategies for cervical myelopathy and controversies have arisen between researchers regarding the use of an anterior or posterior approach, prophylactic surgery and conservative (non-surgical) versus surgical treatment. Cervical laminectomy and laminoplasty have been used to decompress the neural elements posteriorly when there is extensive involvement of the cervical spine. Records of 18 men and 7 women cervical myelopathy patients aged 35 to 78 (mean 62.6) years who underwent open-door cervical laminoplasty using titanium reconstruction miniplate and screws were reviewed retrospectively. Four patients had 5 levels (C3-C7), 21 patients had 4 levels (C3-C6) decompression and 3 patients (12%) performed foraminotomy. A total of 104 laminae were opened, all of them were fixed with a titanium reconstruction miniplates. In 21 patients, a 20-hole titanium miniplate bent to the contour of a lamina was used and fixed into 4 laminae and 4 patients fixed in 5 laminae levels. In most patients, screw fixation was unicortical and no spacer or bone graft was used. Demographic and surgical data were collected and clinical outcomes were assessed with neck pain score, neck disability index and Nurick’s grading. Outcome analysis was done using Odom’s criteria. The mean follow-up duration was 1.8 (range, 1–5) years. Diagnoses were MCSM (n=20), OPLL (n=5). Mean estimated blood loss (EBL) was 120 ml (range: 50-200), mean surgery time was 153 min (range: 75-240). Following Nurick’s grading, 23 patients (92%) improved, 2 (08%) had the same Nurick grade. No intraoperative complications were noted and average hospital stay was 6.12 days (range: 5 to 9). Significance improvements in overall NDI scores occurred at 1 year follow up (p<0.002). Radiographic evaluation showed an increase in the mean sagittal diameter from 13.3 mm at pretreatment to 19.4 mm post surgery. Two patients developed transient C5 palsy. Open-door Laminoplasty technique is safe, easy and achieves a good canal expansion and neurological recovery and can be used as an alternative treatment for cases of MCSM and OPLL patients without instability.
DEGENERATIVE LUMBAR STENOSIS – WHEN IS DECOMPRESSION ALONE ADEQUATE?

Muhammad Tariq Sohail
Doctors Hospital and Medical Center, Lahore, Punjab, Pakistan

With increasing age the number of degenerative lumbar spine disorders and stenosis are increasing is presenting usually with neuro-claudication. As a part of cascade of degenerative disorder the lumbar spine may be unstable with and osteophytes formation producing and entrapment neuropathic disorder.

Few of the patients have huge osteophytes and hypertrophy of ligament of flavum. In clinical evaluation it is important to rule out any instability. In treatment protocol one should check for any instability and spine with stable/stenotic problem will need decompression without any instrumentation.

The extension limitation implants like interalaminar spacers or interspinous spacers restrict extension which helps in opening up the intervertebral foramen and thereby indirectly release nerve compression during ambulatory activity.
SURGICAL MANAGEMENT OF ADULT DEGENERATIVE SCOLIOSIS

Rohit Kumar Pokharel, Ph D
Department of Orthopaedics and Trauma Surgery (Spine Unit)
Maharajgunj Medicine Campus, Institute of Medicine
Tribhuvan University Teaching Hospital
Kathmandu, Nepal

With increase in life expectancy of people even in developing countries, prevalence of adult degenerative scoliosis (ADS) is increasing globally. ADS is different than the adult idiopathic scoliosis (AdIS), another type of adult scoliosis (AS), in etiology, age of the patient, clinical symptoms and curve magnitude and its pattern; thus needs differentiation for proper treatment. Back pain, radicular pain with claudication and deformity are common symptoms of ADS.

Adequate size plain X-rays and MR Imaging is necessary to plan the treatment. The SRS-Schwab classification considers the spine-pelvic harmony and its relation with HRQOL (health related quality of life). There is always a room for conservative treatment in AS, however surgery has better outcome. Spinal deformity with back pain is the main indication for surgery in AdIS, while radicular leg pain and neurogenic claudication are indication for surgery in ADS. Other co morbid medical diseases conditions, like cardio-pulmonary disease, osteoporosis and nutritional status of the patient have to be considered while planning operation. The aim of the surgery is to relieve symptoms and to minimize the post-operative complication.

There is a spectrum of surgical options for adult degenerative scoliosis from decompression alone to decompression coupled with long fusion and correction of deformity. Type and extend of the surgery is tailored according to the symptoms, curve magnitude, sagittal and coronal imbalance and underlying medical condition of the patient. Since the age of ADS cases is elderly, all surgical intervention carry additional risks of operation related complications. Proper preoperative planning and counseling on “risk benefit” to patient and patient party is of utmost importance.
PATHOMECHANISM OF DEGENERATIVE Spondylolisthesis AND Treatment STRATEGY

Khondker Abdul Awal (Rizvi)
Former Director, National Institute of Traumatology & Orthopaedic Rehabilitation, Dhaka, Bangladesh

Degenerative spondylolisthesis is defined as an acquired anterior displacement of one vertebra over the adjacent vertebra, associated with degenerative changes, without as associated disruption or defect in the vertebral ring. Degenerative spondylolisthesis (DS) of lumbar spine is frequently encountered in clinical practice. Among the patients with low back pain, 8.7% are DS; and prevalence sharply increased with age. Lumber DS is a major cause of spinal canal stenosis and often related to low back and leg pain. The main cause of Lumber DS is arthrosis of facet joints and disc degeneration. These changes may occur at single or multiple motion segments. Kirkardy and Willis et al (1978) described the phases of degenerative process as dysfunction, instability and stabilization. Progressive degeneration and/or disc herniation leads to collapse of disc space. Facet joints may over-ride, thus stretching the capsule and ligamentous structures. Over time, instability results in hypertrophic changes at the annular ligaments, formation of traction osteophytes and hypertrophy of facets, which generates a stenosis of the spinal canal and neural foamina. Persistent uni segmental or multi segmental instability pattern produce rotational and translational sublaxation, resulting in degenerative spondylolisthesis. The prognosis of patients with DS is favourable, However, those with intermittent claudicating or vesicorectal disorder, will most probably experience neurological deterioration if they are not operated upon. Non operative treatment should be the initial course of action in most cases of DS with or without neurological symptoms. Controversy exists concerning the indication for surgery and choice of surgical procedures with DS.
MANAGEMENT OF POST-TB KYPHOSIS

Prof Md Shah Alam¹, Kevin Phan², Md Rezaul Karim¹, Sharif Ahmed Jonayed¹, Anisur Rahman¹ HASAN KHALID MD MUNIR³, Abul Kalam Azad¹, Abdullah Al Mamun¹, Sarwar Jahan¹ Shubhendu Chakraborty¹, Tashfique Alam¹

¹National Institute of Traumatology & Orthopaedic Rehabilitation (NITOR), Spine & Orthosurgery, Dhaka, Bangladesh
²The NeuroSpine Surgery Research Group (NSURG), Sydney, Australia, Spine & Orthosurgery, Sydney, ACT, Australia
³Bangladesh Medical College, Spine & Orthosurgery, Dhaka, Bangladesh

INTRODUCTION  Spinal Tuberculosis is mostly secondary. Post TB Kyphosis is a common form of deformity. Management in such a case is always controversial & there are various surgical approaches for Spinal Tuberculosis (Anterior, Antero-lateral, combined & posterior). However, Posterior approach achieves 360° decompression of spinal cord as well as satisfactory Kyphosis correction in wet cases.

MATERIAL AND METHODS  Posterior decompression, posterior interbody and posterolateral fusion by bone graft with stabilization by transpedicular screws and rods can achieve good Kyphotic correction in wet TB cases. On the contrary, kyphotic deformity in healed cases seems to be challenging for the surgeons. Here, neuromonitor is a must & osteotomy is essential for deformity correction. Appropriate anti TB drugs are advised to all patients for 12-18 months.

RESULTS  In case of wet spinal TB cases, posterior approach provides with a satisfactory outcome. Adequate decompression & correction of deformity are seen in most of the patients. But in healed ones, spinal cord is at risk while correcting Kyphosis & there is every chance of injury during surgery. Pre & post operative evaluation is done by the American Spinal Injury Association (ASIA) neurological impairment scale. Satisfactory improvement of neurology is seen in both wet & healed cases. Besides, Kyphosis correction is adequate through posterior approach in only wet cases.

CONCLUSION  For patients with spinal tuberculosis anterior debridement, auto graft bone fusion, anterior or posterior fixation appears to be effective in arresting disease, correcting kyphotic deformity and maintaining correction until solid spinal fusion.
Metastasis is the most common tumor condition involving the spine. Patients with this condition may have an unknown primary pathology, neurological compromise, spinal instability and spinal deformity. Therefore, surgery is often targeted at clinching the diagnosis (biopsy), neural decompression, spinal stabilization with or without realignment. Depending on the nature of the condition and the patient’s physiological state of health, surgical strategies may vary from minimally-invasive palliative procedures to aggressive, open, en-bloc tumor resection with spinal reconstruction, so as to achieve the best clinical outcome. A good hemostasis protocol, close neuromonitoring and familiarity with the available surgical armamentarium are extremely helpful.