

BASIC SPINE COURSE 2026

organised by Spine Society Singapore (SSS), National University Spine Institute (NUSI) and Asia Pacific Spine Society (APSS)

Date & Time: Saturday 7 November 2026 | 08:00 – 16:30
 Venue: NUHS Tower Block, 1E Kent Ridge Road
 Course fee: \$350.00

Time	Topic
07:30 – 07:50	Registration and Welcome breakfast
07:50 – 08:00	Welcome Address
08:00 – 08:45	Lecture Session 1
	08:00-08:08 Lumbar Spondylolisthesis 101
	08:08-08:16 Lumbar Degenerative Scoliosis
	08:16-08:24 Cervical Anterior Approaches (ACDF vs ADR)
	08:24-08:32 Cervical Posterior Approaches + Laminoplasty
	08:32-08:45 Q & A
08:45 – 08:55	Case Discussion 1 – Cervical
08:55 – 09:05	Case Discussion 2 - Lumbar
09:05 – 11:15	Sawbones Session (Cervical Spine)
	Practical 1 @room T11-02: Cervical Spine Hands-on Rotation through 2 cervical stations - Anterior Cervical Decompression and Fusion (station 1 & 2) - Posterior Cervical Decompression and Fusion and Laminoplasty (station 3 & 4) <i>Swap station after one hour</i>
11:15 – 12:00	Lecture Session 2 Chair
	12:00-12:08 Occipital and Suboccipital Fractures of the Cervical Spine
	12:08-12:16 Subaxial Cervical Spine Fractures
	12:16-12:24 Thoracolumbar Fractures
	12:24-12:32 Osteoporotic Fractures
	12:32-12:45 Q & A
12:45 – 12:55	Case Discussion 1 – Trauma C Spine
12:55 – 13:05	Case Discussion 2 – Trauma TL Spine
13:10 – 13:40	LUNCH
13:40 -14:15	Lecture Session 3 (Pathology)
	13:40-13:48 Spine Infection
	13:48-13:56 Spine Tumour
	13:56-14:04 Scoliosis
	14:04-14:15 Q & A
14:15 – 16:15	Sawbones Session (Lumbar Spine)
	- Thoracic and Lumbar Screw (station 1 & 2) - TLIF and Iliac Screw and Laminotomy (station 3 & 4) <i>Swap station after 1.5 hour</i>
16:25 – 16:30	Closing Remarks