Wednesday, February 21
5:00-6:45 p.m.
White Pine Ballroom
Moderators: F. Todd Wetzel, MD and Ronald G. Donelson, MD, MS

Spine surgeons are in an untenable position. Elective U.S. spine surgery rates have dramatically increased in the past 20 years with high variation across the U.S. and around the world. U.S. spine surgeons are consequently maligned for performing far too many surgeries related to misdiagnoses from over-reliance on misleading imaging findings and insufficient preoperative care. The U.S.-based Shared Decision-Making concept is rooted in the perception of surgeons’ conflict-of-interest when recommending surgery. Many conclude that 50% of U.S. spine surgeries are likely unnecessary. But which 50%? Can “unnecessary” surgeries be identified preoperatively so they can be avoided?

To help differentiate surgical from non-surgical patients, several studies and individual surgeons report that characterizing the mechanical behavior of the pain-generator is extremely valuable. This added information provides greater understanding of the structural identity and behavior of the pain-generator (so often an intervertebral disc) and, most importantly, helps determine its capacity to recover without surgery vs. its need for invasive care.

Agenda
5:00-5:15 Introduction: The Diagnostic Challenge and a Substantial Solution
F. Todd Wetzel, MD
5:15-5:30 Patterns of Pain Behavior Under Directional Loads
Ryan A. Tauzell, MA, PT, MDT
5:30-5:45 Correlating Pain and Disc Behavior
Ronald G. Donelson, MD, MS
5:45-6:00 A Mechanical/Surgical Clinical Partnership
F. Todd Wetzel, MD and Ryan A. Tauzell, MA, PT, MDT
6:00-6:15 Identifying MDT Expertise
Ronald G. Donelson, MD, MS
6:15-6:25 Conclusion
Ronald G. Donelson, MD, MS
6:25-6:45 Panel Discussion, Questions and Answers
Faculty
**Thursday, February 22**
6:30-7:30 a.m.
Kokopelli Parlor I

**Breakfast**
6:30-10:00 a.m.
Kokopelli Lobby

**Registration/Speaker Information Center**
Kokopelli Parlor I
**Technical Exhibition**
Kokopelli Parlor II & III

**ePosters**
7:00-7:05 a.m.
Kokopelli II & III

**Welcome/Introduction**
7:05-8:30 a.m.
Kokopelli II & III

**Joint Session:** Regenerative Medical Technologies
Moderator: Brandon D. Lawrence, MD

Regenerative medical technologies have become increasingly common alternatives to traditional approaches of both non-operative (stem cells/PRP injections) and operative spine care (cell-based allografts). This joint session is designed to evaluate the evidence-based literature and experience regarding these technologies. Exploration into the importance of these products and how they are being increasingly utilized with relatively little supporting scientific evidence will be discussed.

Upon completion of this session, participants will gain strategies to:
- Understand the basic science of the currently available products;
- Comprehend the indications of currently available products;
- Review patient outcomes of these technologies and critically evaluate future technology based on these design criteria.

**Agenda**

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
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<tbody>
<tr>
<td>7:05-7:25</td>
<td>The Use of PRP and Stem Cells for Nonoperative Spine Care</td>
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<td><em>Gerard A. Malanga, MD</em></td>
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<td>7:25-7:40</td>
<td>Current State of Cell-based Allografts/How They Differ</td>
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<td><em>Wellington K. Hsu, MD</em></td>
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<td>7:40-7:55</td>
<td>How Do Cell-based Allografts Work?</td>
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<td><em>Jason W. Savage, MD</em></td>
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<td>7:55-8:10</td>
<td>The Future of Regenerative Medical Technologies; Other Factors to Consider</td>
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<td><em>Aaron K. Calodney, MD</em></td>
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<tr>
<td>8:10-8:30</td>
<td>Panel Discussion, Questions and Answers</td>
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<td><em>All Faculty</em></td>
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8:30-9:00 a.m.
Kokopelli II & III

Industry Innovation Presentations/Networking Break

9:00-10:30 a.m.
White Pine Ballroom

**Medical Session:** Classification of Pain for the Medical Spine Specialist
*Moderator:* Annie O’Connor, PT, OCS, MDT

Spine related impairment is the primary cause of disability worldwide and has a negative effect on global wellness, productivity, and economics. The Medical Spine Specialist needs a quick way to ascertain the effects of spine pain on the patient’s life, suffering and ability to function in order to guide initial education and prescribe points of care. Pathoanatomic diagnosis and imaging findings are not consistently relevant to the dominant pain mechanism, source of symptoms and the degree of injury is not always equal to the intensity or presence of pain and more so can mislead a patient’s initial phases of care and recovery. The Medical Spine Specialists should be as proficient in the use of a Pain Mechanism Classification System (PMCS) as well as a pathoanatomic diagnosis for spine related pain. The PMCS is a reliable and valid approach providing a common language between patients and providers that will advance the spine field. This medical session focuses on the Medical Spine Specialist ability to quickly assess dominating pain mechanisms, referral practices for therapeutic exercise providers, and provide key patient education topics to support a non-pharmacy intervention.

Upon completion of this session, participants will gain strategies to:

- Differentiate PMCS key subjective and objective characteristics for Inflammation, Ischemia, Peripheral Neurogenic and Central Nervous System (CNS) Pain Mechanisms;
- Recognize the key Yellow Flag Risk Form (YFRF) questions to diagnosis CNS pain mechanisms;
- Incorporate PMCS patient education and referral for therapeutic exercise providers.

**Agenda**

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<tr>
<th>Time</th>
<th>Session</th>
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| 9:00-9:30 | PMCS Key Subjective and Objective Characteristics for Dominant Mechanism  
  *Annie O’Connor MSPT, OCS, Cert.MDT* |
| 9:30-9:55 | YFRF Can do it All from Risk Assessment to Diagnosis of CNS Mechanism  
  *Melissa Watson MSPT, Cert.MDT* |
| 9:55-10:20 | Key PMCS Patient Education and Exercise Provider Referrals for Medical Spine Specialists  
  *Annie O’Connor MSPT, OCS, Cert.MDT* |
| 10:20-10:30 | Panel Discussion, Questions and Answers  
  *Faculty Panel* |

9:00-10:30 a.m.
Kokopelli II & III

**Surgical Session:** Adult Spinal Deformity (ASD)
*Moderator:* Patrick C. Hsieh, MD, MS

Adult spinal deformity (ASD) is a prevalent condition in our growing elderly population. Surgical treatment of adult spinal deformity to restore coronal and sagittal balance has to improve clinical outcomes in symptomatic patients with debilitating pain. However, surgical treatment of adult spinal deformity is associated with a high rate of perioperative and postoperative complications that can lead to long-term disability as well as mortality. Various strategies including proper patient selection,
preoperative patient optimization, optimizing surgical techniques, and standardized treatment protocols to improve the outcomes of surgical treatment of adult spinal deformity will be presented and reviewed.

Upon completion of this session, participants will gain strategies to:
- Recognize best practice for patient selection and preoperative medical optimization for adult spinal deformity patients;
- Recognize typical challenges and complications from surgical treatment of adult spinal deformity and implement strategies to avoid and manage complications;
- Understand various surgical techniques and strategies to improve the clinical and radiographic outcome for adult spinal deformity.

**Agenda**

9:00-9:15 Patient Selection and Preoperative Optimization for Adult Spinal Deformity  
*Michael D. Daubs, MD*

9:15-9:30 Outcomes and Complications of 3-Column Osteotomies in Adult Spinal Deformity  
*Tyler R. Koski, MD*

9:30-9:45 Optimizing Management of Osteoporotic Patients with Adult Spinal Deformity  
*Jason W. Savage, MD*

9:45-10:00 How to Minimize and Avoid Proximal Junctional Kyphosis  
*Darrel S. Brodke, MD*

Surgical Debate:

10:00-10:05 Adult Deformity Case Presentation  
*Patrick C. Hsieh, MD, MS*

10:05-10:10 Anterior Discectomy and Interbody Fusion  
*Darrel S. Brodke, MD*

10:10-10:15 MIS Lateral Lumbar Discectomy and Interbody Fusion  
*Jason W. Savage, MD*

10:15-10:20 Posterior Spinal Osteotomies  
*Tyler R. Koski, MD*

10:20-10:30 Panel Discussion, Questions and Answers  
*Faculty*

10:30 a.m.-4:00 p.m.  
**BREAK**

4:00 p.m.  
Kokopelli Parlor I  
**Beverage Break**

4:00-7:30 p.m.  
Kokopelli Lobby  
**Registration/Speaker Information Center**

Kokopelli Parlor I  
**Technical Exhibition**

Kokopelli Parlor II & III  
**ePosters**
Minimally invasive spine surgery (MIS) has gained popularity and progressed significantly over the past 2 decades. MIS has shown to decrease perioperative complications and improve perioperative outcomes by reducing surgical tissue trauma, operative blood loss, postoperative pain and recovery. However, MIS is associated with a substantial learning curve, utilization of alternative technology and techniques, as well as radiation exposure. This MIS session will discuss the various minimally invasive spine surgical techniques and approaches to treat spinal pathologies today. Evidence from the literature reports and expertise from the real world experience with MIS will be presented and discussed.

Upon completion of this session, participants will gain strategies to:

- Understand indications, clinical benefits and limitations of minimally invasive spine surgery;
- Incorporate developing techniques and approaches for minimally invasive spine surgery;
- Recognize technical nuances and surgical pearls to minimize complications and improve outcomes associated with MIS.

Agenda

4:00-4:10  Minimizing Radiation Exposure and Risk in MIS
Thomas E. Mroz, MD

4:10-4:20  MIS Lateral Interbody Fusion: When, Why and What is the Evidence?
Jim A. Youssef, MD

4:20-4:30  Navigated MIS TLIF Indication and Technical Pearls
Tyler R. Koski, MD

4:40-4:50  Complications Avoidance and Management of Minimally Invasive Spine Surgery
Jeffrey C. Wang, MD

4:50-5:00  Endoscopic Spine Surgery: What is the Efficacy and Clinical Evidence
Scott Adelman, MD

Surgical Debate:

5:00-5:05  Lumbar Degenerative Stenosis Case Presentation
Patrick C. Hsieh, MD, MS

5:05-5:10  Endoscopic Decompression
Scott Adelman, MD

5:10-5:15  MIS Tubular Decompression
Thomas E. Mroz, MD

5:15-5:20  Decompression and Fusion
Tyler R. Koski, MD

5:20-5:30  Panel Discussion, Questions and Answers
Faculty
Spine treatment technology has experienced major advances over the past 30 years. Due to the maturation of the discipline, there is more evolutionary development than there are revolutionary advances. Societal changes and communication methodology changes make for the potential of a major disruptive paradigm shift in the future of product development. An understanding of how to proceed and implement your ideas, for the betterment of your patients, will become necessary to a greater degree than ever before. This session will educate the caregiver on the steps to developing technology that they see may be helpful through their daily dealings with patient care. It also presents traditional and more innovative pathways for future technology development. Participants will learn the perspectives of venture capitalists when they examine new ideas and see how regulators unintentionally hinder product acceptance and development.

Upon completion of this session, participants will gain strategies to:

- Recognize the options available to develop innovative spine technology;
- Educate participants in the steps of innovation development;
- Learn how venture capitalists view new products;
- Appreciate the fundamental differences between product approval and insurance reimbursement;
- Gain knowledge about how to optimize arrangements with employers and co-developers.

**Agenda**

6:00-6:10 Understanding the Innovative Ecosystem  
*Eric J. Muehlbauer, MJ, CAE*

*Christian P. DiPaola, MD*

6:20-6:30 Dealing with Academics or Co-developers  
*Michael H. Heggeness, MD, PhD*

6:30-6:45 Facilitating Innovation through Peer Collaboration, Evaluation and Investment  
*Allen L. Carl, MD*

6:45-6:55 Options for Funding of Innovation  
*Mark Mescher*

6:55-7:10 Navigating Product Approvals and Reimbursement  
*Eric J. Muehlbauer, MJ, CAE*

7:10-7:20 Discussion: Dealing with Venture Capitalists  
*Faculty Panel*

7:20-7:30 Panel Discussion, Questions and Answers  
*Faculty*

7:30-9:00 p.m.  
The Cabin  
*Welcome Reception*
**Evidence Update: Spinal Cord Injuries, Spinal Cord Stimulators and Complex Regional Pain Syndrome**

Moderator: John G. DeVine, MD

Treatment for spinal cord injuries continues to evolve based on new evidence regarding timing of surgery and maintenance of mean arterial pressure, while long held treatment algorithms regarding the use of steroids have been challenged and debated. Chronic pain, particularly after spinal cord injuries, is a challenging dilemma and the use of spinal cord stimulators has provided another option in select cases. Complex regional pain syndromes as a complication of spine surgery can be frustrating for both patient and surgeon. In this session, faculty will present the current evidence that can provide guidance in diagnosis and treatment for improved outcomes in these unique patient populations.

Upon completion of this session, participants will gain strategies to:

- Recognize the importance of surgical timing and maintenance of mean arterial pressure (MAP) in the treatment of spinal cord injuries;
- Educate participants concerning current evidence and trends regarding use of steroids for spinal cord injury;
- Learn the indications and effectiveness of spinal cord stimulators;
- Appreciate the postoperative complication of complex regional pain syndromes and how to make the diagnosis;
- Gain knowledge about how to optimize treatment for complex regional pain syndromes.

**Agenda**

**7:00-7:25**  
Evidence Update: Spinal Cord Injuries  
*John C. France, MD*

**7:25-7:50**  
Indications and Outcomes: Spinal Cord Stimulators for Chronic Pain  
*Shane Brogan, MD*

**7:50-8:15**  
Complex Regional Pain Syndrome after Spine Surgery  
*Annie O’Connor PT, OCS, Cert MDT*

**8:15-8:30**  
Panel Discussion, Questions and Answers  
*Faculty*
8:30-9:00 a.m.
Kokopelli II & III

Industry Innovation Presentations/Networking Break

9:00-10:00 a.m.
Kokopelli II & III

**Surgical Session:** Cervical Radiculopathy: Two-Level Disease
Moderator: Brandon D. Lawrence, MD

With the evolution of cervical total disc replacements and rapid growth of this technology, spine surgeons are faced with decisions on how best to treat the symptoms of multilevel radiculopathy. This session will focus on identifying indications for the treatment of multilevel cervical radiculopathy and hence, utilize the best treatment based on patient and disease factors.

Upon completion of this session, participants will gain strategies to:
- Describe the natural history and surgical management strategies to treat the symptoms of multilevel radiculopathy;
- Identify the indications for surgical treatment for multilevel cervical radiculopathy;
- Determine the optimal surgical treatment based on patient and disease factors for multilevel cervical radiculopathy.

**Agenda**

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<th>Time</th>
<th>Activity</th>
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| 9:00-9:05 | Case Presentation  
Brandon D. Lawrence, MD |
| 9:05-9:20 | Foraminotomy for Two-Level Disease: The Original Motion Sparing Procedure  
Thomas E. Mroz, MD |
| 9:20-9:35 | ACDF for Two-Level Disease: Still the Gold Standard?  
Alan S. Hilibrand, MD |
| 9:35-9:50 | TDR for Two-Level Disease: Evidence and Experience  
Ryan W. Spiker, MD |
| 9:50-10:00 | Case Resolution and Discussion  
Panel: Darrel S. Brodke, MD; Jason W. Savage, MD; Wellington K. Hsu, MD |

9:00-10:00 a.m.
White Pine Ballroom

**Medical Session:** Spine in Sports: Lumbar
Moderator: Michael C. Geraci, MD, PT

Faculty will discuss lumbar spine injuries in sports and address how specific physical exam findings help differentiate disc from bone pathology. Additionally, how to identify clinical instability will be covered as well as the role of bone scans in athletes with pars stress reactions, stress fractures and spondylolysis defects.

Upon completion of this session, participants will gain strategies to:
- Identify physical exam findings that help differentiate athletes with disc or bone pathology and those with clinical instability;
- Discuss the role of core exercises in injury prevention and as a part of every warm up;
- Determine the role of bone scans in athletes with pars stress reactions, stress fractures and Spondylolysis.
Agenda
9:00-9:15 Overview: Physical Exam Findings to Differentiate Disc from Bone Pathology and Clinical Instability
  *Michael C. Geraci, Jr., MD PT*
9:15-9:35 Can Spine Injuries in Sports be Prevented?
  *Craig Liebenson, DC*
9:35-9:50 Update on the Use of Bone Scan in Acute Lumbar Spondylolysis
  *Stuart Willick, MD*
9:50-10:00 Panel Discussion, Questions and Answers
  *Faculty Panel*

10:00 a.m.-4:00 p.m.
BREAK

4:00 p.m.
Kokopelli Parlor I
**Beverage Break**

4:00-7:30 p.m.
Kokopelli Lobby
**Registration/Speaker Information Center**

Kokopelli Parlor I
**Technical Exhibition**

Kokopelli Parlor II & III
**ePosters**

4:00-5:30 p.m.
Kokopelli II & III
**Surgical Session:** *Robots, Lasers and New Tech in 2018*
  **Moderator:** Alpesh A. Patel, MD, FACS

The development of new technologies in spine care is a core principle in the advancement of patient care. New technology should provide solutions to existing problems in spine surgery. The implementation of new technology is exciting but also one that needs to be fully understood to ensure appropriate care for patients. This session will critically evaluate the clinical efficacy, cost and value of new technologies in spine care. Additionally, faculty will provide insights on the principles of adopting new technologies in spine surgery.

Upon completion of this session, participants will gain strategies to:
- Critically analyze the decision-making process in utilizing new technology;
- Define a pathway for adoption of new technologies in spine surgery;
- Analyze the cost and value of new technologies in surgical care.
Agenda
4:00-4:15  Robotic Augmented Spine Surgery  
  *Gregory D. Schroeder, MD*
4:15-4:30  Lasers in Spine Surgery  
  *Kern Singh, MD*
4:30-4:45  Top 5 Health Care Apps for Your Practice  
  *Ryan W. Spiker, MD*
4:45-5:00  How and When to Bring New Technologies to Your Surgical Practice  
  *Matthew Colman, MD*
5:00-5:15  Payor and Hospital Perspectives on New Technology: The Cost and Value Argument  
  *J.J. Abitbol, MD*
5:15-5:30  Panel Discussion, Questions and Answers  
  *Faculty*

4:00-5:30 p.m.  
White Pine Ballroom  
**Medical Session:** Interventional Spine: Hot Topics  
**Moderator:** Joshua D. Rittenberg, MD

Agenda  
4:00-4:15  Optimizing Safety for Cervical Epidural Steroid Injections  
  *Zachary McCormick, MD*
4:15-4:30  Anticoagulants and Spine Procedures: Controversies and Guidelines  
  *Zachary McCormick, MD*
4:30-4:45  Minimally Invasive Therapies for Lumbar Stenosis  
  *Aaron K. Calodney, MD*
4:45-5:00  Biological Treatment of the Painful Disc: It Makes Sense, But Does it Work?  
  *Aaron K. Calodney, MD*
5:00-5:15  Spinal Endoscopy  
  *Scott Adelman, MD*
5:15-5:30  Discussion, Questions and Answers

5:30-6:00 p.m.  
Kokopelli II & III  
**Industry Innovation Presentations/ Après Ski Refreshments/ Networking Break**

6:00-7:30 p.m.  
Kokopelli II & III  
**Joint Session:** Update on Advocacy  
**Moderator:**

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**Saturday, February 24**

7:00-8:00 a.m.  
Kokopelli Parlor I  
**Breakfast**

7:00-9:30 a.m.  
Kokopelli Parlor I  
**Technical Exhibition**
7:00-11:00 a.m.  
Kokopelli Lobby  
**Registration/Speaker Information Center**

Kokopelli Parlor II & III  
**ePosters**

7:30-9:00 a.m.  
Kokopelli II & III  
**Surgical Session:**  
**Spine Infection Spectrum**  
Moderator: John G. DeVine, MD

Spine infections encompass a multitude of diagnostic and treatment challenges based on several variables including the host, organism and location. In this session, faculty will discuss the current evidence on strategies to reduce the incidence of postoperative surgical site infections and review the current treatment strategies. Participants will gain an appreciation for the varied presentations of epidural abscess and discitis/osteomyelitis, the incidence of which seems to be rising in the face of the re-emergence of IV drug abuse in many areas of the country and review the treatment strategies for this challenging problem.

Upon completion of this session, participants will gain strategies to:

- Review the evidence regarding current incidence of surgical site infections and associated risk factors;
- Educate participants concerning current evidence and trends regarding preventive strategies to avoid surgical site infections;
- Appreciate the challenges in diagnosing and treating epidural abscess and the differences, and treatment urgency based on location;
- Learn the principles of surgical treatment of discitis/osteomyelitis and the challenges presented based on patient variables and organism virulence;
- Gain knowledge about how to optimize treatment.

**Agenda**

7:00-7:25  
Evidence Update: Surgical Site Infections and Strategies for Prevention  
*Thomas E. Mroz, MD*

7:25-7:50  
Epidural Abscess: Avoiding the Catastrophe  
*Andrew T. Dailey, MD*

7:50-8:15  
Discitis/Osteomyelitis – On the Rise?  
*John C. France, MD*

8:15-8:30  
Panel Discussion, Questions and Answers  
*Faculty*

7:30-9:00 a.m.  
White Pine Ballroom  
**Medical Session:**  
**Up to the Minute, Exercise for Lumbar Radiculopathy**  
Moderator: Ryan Tauzell, PT, MA, Cert.MD

In the coming era of value-based care, treatment of lumbar radiculopathy can be especially challenging. All clinicians should understand the potential of exercise to treat radiculopathy in order to align patient expectations for optimal satisfaction, prevent overutilization of care and limit downstream costs. Physical therapy is commonly required before authorization of an injection or surgery. The common
paradigm of inject first and ask questions later is changing. There are multiple exercises for the treatment of lumbar radiculopathy. Which is the most effective? This session will weigh the options on cutting-edge and common treatments for this problem.

Upon completion of this session, participants will gain strategies to:

- Identify how to determine those patients that will not respond to exercise;
- Recognize correct use of lumbar manual techniques;
- Determine the effectiveness of lumbar stabilization exercises for this condition;
- Pinpoint neurodynamic tension characteristics and the matching treatment;
- Know effective adjunct treatment for lumbar radiculopathy.

**Agenda**

7:30-7:40  Introduction  
*Ryan Tauzell, PT, MA, Cert. MDT*

7:40-7:55  Spinal Mobilizations/Manipulations, Helpful or Harmful?  
*Daniel Perry, PT, Dip. MDT*

7:55-8:10  Lumbar Stabilization Exercise for Lumbar Radiculopathy  
*Craig Liebenson, DC*

8:10-8:30  Adverse Neurodynamic Tension: Is a Nerve Trapped, Tight or Sensitive.  
*Annie O'Connor, PT, OCS, Cert. MDT*

8:30-8:45  Rapidly Changing Radiculopathy  
*Ron Donelson, MD, MS*

8:45-8:55  Traction  
*Ryan Tauzell, PT, MA, Cert. MDT*

8:55-9:00  Panel Discussion, Questions and Answers  
*Faculty*

9:00-9:30 a.m.  
Kokopelli I

**Industry Innovation Presentations/Networking Break**

9:30-11:00 a.m.  
Kokopelli II & III

**Surgical Session: Complications**

Moderator: Alpesh A. Patel, MD, FACS

Complications after spine surgery, while unfortunate, are also inevitable. Quality improvement initiatives, as well as a professional drive towards better patient care, has brought attention to the mitigation of surgical risk. This session identifies a number of common complications after spine surgery with an emphasis on prediction and prevention strategies. Additionally, with the migration of spine procedures to the ambulatory setting, managing complications in the setting creates unique challenges that the surgeon needs to understand and prepare for.

Upon completion of this session, participants will gain strategies to:

- Identify patients at risk for postoperative complications;
- Reduce the risk for complication with perioperative protocols;
- Manage complications in the ambulatory surgical setting.
Agenda
9:30-9:45 Preoperative Patient Selection and Optimization
   Michael D. Daubs, MD
9:50-10:05 VTE Prophylaxis after Spine Surgery
   Jason W. Savage, MD
10:10-10:25 Urinary Retention after Spine Surgery
   Ryan W. Spiker, MD
10:30-10:45 Managing Complications in the Ambulatory Surgical Center
   Kern Singh, MD
10:45-11:00 Panel Discussion, Questions and Answers
   Faculty

9:30-11:00 a.m.
White Pine Ballroom

Medical Session: Functional Medicine for the Spine Specialist
Moderator: Carrie A. Diulus, MD

11:00 a.m. Meeting Adjourns