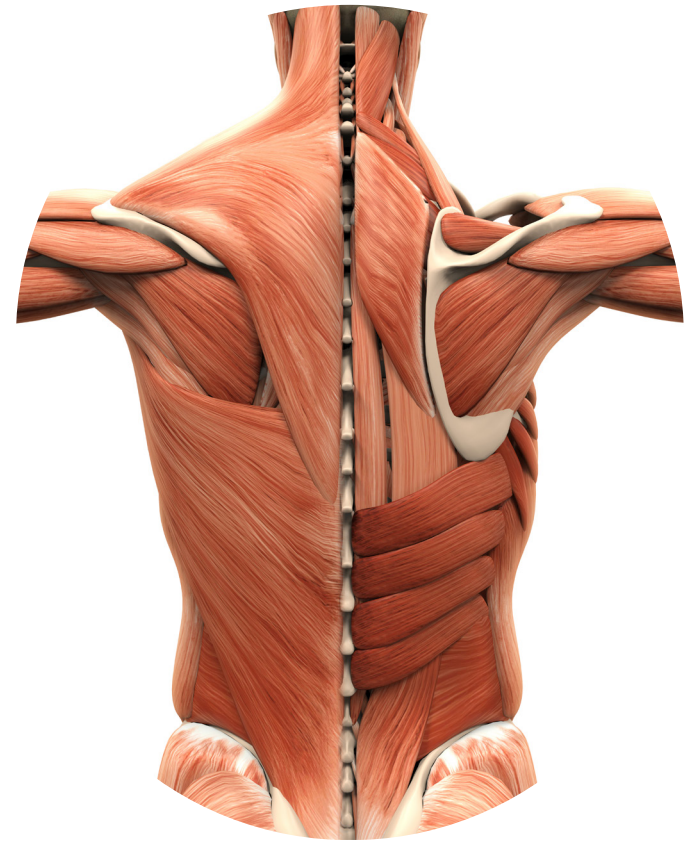


THE INTERPLAY OF MUSCLE AND THE NEURAXIS IN SPINE PAIN

**Mechanisms, Treatment,
Recovery, Prevention**



Saturday, May 11, 2024 / 8:00 am–4:00 pm

Weill Cornell Medicine, Belfer Research Building (Third Floor)

In-Person Event

Course Directors: Neel Mehta, MD; Roger Härtl, MD; and Norman Marcus, MD



Weill Cornell Medicine

NewYork-Presbyterian

COURSE DIRECTORS



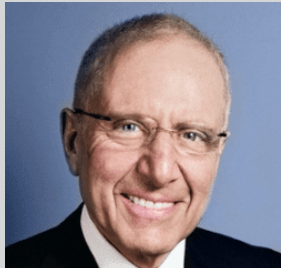
Dr. Neel Mehta

Associate Professor of Clinical Anesthesiology
Division Chief, Pain Management
Weill Cornell Medicine, NewYork-Presbyterian
Co-director, Och Spine at NewYork-Presbyterian
at the Weill Cornell Medicine Center for
Comprehensive Spine Care



Dr. Roger Härtl

Hansen-MacDonald Professor of Neurological
Surgery, Weill Cornell Medical College
Neurosurgical Director, Och Spine at NewYork-
Presbyterian/Weill Cornell Medical Center



Dr. Norman Marcus

Director, Norman Marcus Pain Institute
Clinical Associate Professor of Pain Medicine in
Anesthesiology and Neurological Surgery
Director of Clinical Muscle Pain Research
Weill Cornell Medicine, NewYork-Presbyterian

FACULTY

Alexander Butler, MD

Assistant Professor of Orthopaedic Surgery
Donald and Barbara Zucker School of Medicine at
Hofstra University
Lenox Hill Hospital at Northwell Health

Robert DeStefano, DC

DeStefano Chiropractic and Associates
New York

David Edasery, MD

Assistant Professor, Clinical Radiology
Division of Neuroradiology
Weill Cornell Medicine, NewYork-Presbyterian

Oleg Fabrikant, DAOM, LAc

Doctor of Acupuncture and Oriental Medicine
Integrative Health and Wellbeing
Weill Cornell Medicine, NewYork-Presbyterian

Jatin Joshi, MD

Interventional Pain Specialist
Assistant Professor of Anesthesiology
Weill Cornell Medicine, NewYork-Presbyterian

Virginie Lafage, PhD

AVP, Clinical Research
Lenox Hill Hospital at Northwell Health

Diana Mayants, PT, DPT, OCS, CMPT

Orthopedic Manual Physical Therapist
OrthoPro Physical Therapy
New York

Hikomichi Nakano, DC, DACBSP, CSCS

TAI Chiropractic
New York

Daniel Pak, MD

Assistant Professor of Clinical Anesthesiology
Weill Cornell Medicine, NewYork-Presbyterian

Jeny Samuel, DNP

Pain Management Nurse Practitioner
Weill Cornell Medicine, NewYork-Presbyterian

Jaspal Ricky Singh, MD

Vice Chair and Associate Professor
Department of Rehabilitation Medicine
Director of Interventional Spine
Co-director, Och Spine at NewYork-Presbyterian at the
Weill Cornell Medicine Center for Comprehensive
Spine Care

Nomita Sonty, MPhil, PhD

Associate Professor of Medical Psychology
Vagelos College of Physicians and Surgeons
Columbia University Irving Medical Center

Sayed Wahezi, MD

Professor of Physical Medicine and Rehabilitation,
Anesthesiology, and Orthopedic Surgery
Montefiore Medical Center
New York

Katherine Yao, MD

Assistant Professor of Clinical Rehabilitation and
Sports Medicine
Director of Pediatric and Adolescent Sports Medicine
Co-Director of Adult Sports Medicine
Director of Dance Medicine
Department of Rehabilitation and Sports Medicine
Weill Cornell Medicine, NewYork-Presbyterian

Agenda Saturday, May 11, 2024

7:30–8:00 am	Registration and Breakfast		
8:00 am	Welcome and Introduction	Course Directors	
8:05–8:30 am	Muscle As a Primary Source of Pain	Norman Marcus, MD	
8:30–9:00 am	Muscle in Sports and Rehab	Jaspal Ricky Singh, MD	
9:00–9:30 am	Other Potential Causes of Low Back Pain Treating the Basivertebral Nerve	Daniel Pak, MD	
9:30–10:00 am	Hypermobility/Ehlers-Danlos Syndrome	Norman Marcus, MD	
10:00–10:20 am	Coffee Break		
10:20–10:40 am	Physical Therapy Approach to Muscle Pain	Diana Mayants, PT, DPT, OCS, CMPT	
10:40–11:00 am	Chiropractor Approach to Muscle Pain	Robert DeStefano, DC Hiromichi Nakano, DC, DACBSP, CSCS	
11:00–11:20 am	Acupuncture/Acupressure	Oleg Fabrikant, DAOM, LAc	
11:20–11:40 am	Advanced Practitioner Approach to Muscle Pain	Jeny Samuel, DNP	
11:40–12:30 pm	Lunch and Networking		
12:30–1:10 pm	PANEL DISCUSSION: Muscle in Pain Management Treatment Strategies (Multifidus Treatment and Other Muscle Targets) Moderated by Roger Härtl, MD	Neel Mehta, MD Daniel Pak, MD	Jatin Joshi, MD Katherine Yao, MD
1:10–1:30 pm	Muscle in Surgery		
1:30–1:50 pm	Minimally Invasive Surgery Scoliosis and Deformity Surgery	Roger Härtl, MD Alexander Butler, MD	Virginie Lafage, PhD
1:50–2:10 pm	Coffee Break		
2:10–2:30 pm	For the Practitioner How to Diagnose Muscle Pain	Norman Marcus, MD	
2:30–2:50 pm	Imaging in Muscle Pain	David Edasery, MD	
2:50–3:10pm	Medication Approach	Neel Mehta, MD	
3:10–3:30 pm	Psychology of Pain/Kinesophobia	Nomita Sonty, MPhil, PhD	
3:30–4:00 pm	Outlook/Basic Research	Sayed Wahezi, MD	
4:00 pm	Evaluation Surveys and Adjourn		
4:00 pm–5:00 pm	Closing Reception/Networking		

COURSE COORDINATOR

Jessica Bloom: neurosurgery-cme@med.cornell.edu

DATE AND TIME

Saturday, May 11, 2024 / 8:00 am–4:00 pm

LOCATION

Weill Cornell Medicine, Belfer Research Building

TARGET AUDIENCE

This CME course is intended for physicians in pain management, neurosurgery, internal medicine, family medicine, and general medicine, as well as physician assistants, nurse practitioners, physical therapists, acupuncturists, chiropractors, medical students, interns, residents, fellows, and other sub-specialists and allied health professionals who desire to update their medical knowledge in pain management.

EDUCATIONAL OBJECTIVES

Education and Awareness: To raise awareness and educate attendees about the various types of muscle pain, their causes, and associated risk factors.

Scientific Advancements: To present the latest scientific research, studies, and discoveries related to the mechanisms and pathophysiology of muscle pain.

Diagnosis and Assessment: To discuss effective methods for accurately diagnosing and assessing different types of muscle pain, including imaging techniques, physical examination, and patient history assessment.

Multidisciplinary Approaches: To promote a multidisciplinary approach to managing muscle pain, involving experts from various fields such as pain medicine, physiotherapy, orthopedics, neurology, and psychology.



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mailing list

neurosurgery.weill.cornell.edu

FEES AND REGISTRATION

	Before April 11	On or After April 11
Physicians	\$180	\$225
Residents, NPs and PAs, other clinical	\$ 95	\$150
Industry	\$250	\$250
Medical students	free*	free*
	*just pay \$15 nonrefundable registration fee	

NYP, Cornell, or Columbia affiliated staff, please email neurosurgery-cme@med.cornell.edu for promo code.

Can't register online? Email neurosurgery-cme@med.cornell.edu for offline registration and payment information.

REFUND POLICY: An administrative fee of \$50 will be retained on all cancellations. All refund requests must be in writing and must be received by April 11, 2024. After this date, no refunds are possible.

ACCREDITATION AND CREDIT DESIGNATION STATEMENTS

Weill Cornell Medical College is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

Weill Cornell Medical College designates this live activity for a maximum of **6.5 AMA PRA Category 1 Credit(s)**[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

DISCLOSURES It is the policy of Weill Cornell Medical College to adhere to ACCME Criteria, Policies, and Standards for Commercial Support and content validation in order to ensure fair balance, independence, objectivity, and scientific rigor in all its sponsored activities. All speakers, course directors, co-course directors, planners, reviewers, and staff members participating in sponsored activities are expected to disclose relevant financial relationships pertaining to their contribution to the activity. Relationship information is analyzed to determine whether conflicts of interest exist. All conflicts of interest are resolved prior to participation in the planning or implementation of this activity.

IDENTIFIED PRACTICE GAPS/EDUCATIONAL NEEDS

Large population studies suggest that the most common diagnosis for low back pain in an ambulatory setting is nonspecific or idiopathic low back pain, defined as sprains and strains of soft tissue. Despite this observation, the guidelines suggested by the American College of Physicians/American Pain Society for the evaluation and treatment of low back pain do not identify muscle as a specific target of treatment. This activity is designed to change knowledge by identifying muscle and other soft tissue sources of pain as targets for evaluation and treatment.

A limited menu of interventions for low back pain focusing on the neuraxis as a source of pain often leads to suboptimal outcomes. This activity is designed to change competence by teaching providers the role of soft tissue in pain, introducing possible interventions to address soft tissue-related pain, and providing instruction on treatment protocols.

Providers who are unfamiliar with evaluation and treatment protocols for soft tissue sources of pain cannot provide adequate treatment options. This activity is designed to change performance by providing attendees with evaluation and treatment modalities they can incorporate into their standard of care for this challenging group of patients.