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
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

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

**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.

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**FEES AND REGISTRATION**

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<th>Before April 11</th>
<th>On or After April 11</th>
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<tr>
<td>Physicians</td>
<td>$180</td>
<td>$225</td>
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<tr>
<td>Residents, NPs and PAs, other clinical</td>
<td>$95</td>
<td>$150</td>
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<tr>
<td>Industry</td>
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<tr>
<td>Medical students</td>
<td>free*</td>
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*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.