



FIRST BIENNIAL

International Sports & Spine Congress

Advances in Insights on the Intersection of
Sports Activities and Spinal Health

October 17-19, 2019 | Tokyo, Japan



Co-Sponsored By
Seattle Science Foundation & Spinal Research Foundation

FIRST BIENNIAL International Sports & Spine Congress

Dear Colleagues,

We hope you are able to attend this year's First Biennial International Sports and Spine Congress that will be held on October 17-19, 2019 in Tokyo, Japan. We have gathered leading members of the international and domestic spinal surgical community to discuss and debate controversies in the management of spinal conditions in sportsmen and women.

Places at this prestigious event are severely restricted, so please book early to avoid disappointment.

We look forward to seeing you in Tokyo!

Mr. Andrew Clarke, Dr. Jens R. Chapman, Mr. Mike Hutton and Dr. Yoshiharu Kawaguchi
Course Co-Chairs



Agenda

Thursday, October 17, 2019

- 1 p.m. Welcome and Introductions
- 1:30 p.m. Session 1: Update on Common Spine Problems in Sports Medicine - What's New
- Lumbar disc herniation
 - Cervical disc herniation
 - Cervical stenosis
 - 'Back pain'
 - Lumbar spinal stenosis
 - Stingers, burners, radiculopathy: what is what?
 - SI joint pain
- 3:30 p.m. Afternoon Tea and Exhibits

- 4 p.m. Session 2: Real Life Athletic Sports and Spine Challenges
- Hosted case presentations
 - Technology updates
 - Standard of care versus eminence based medicine
 - Discussions
- 5:30 p.m. Reception (*All attendees and guests.*)
- 6:30 p.m. Keynote Lecture
- The Importance of High-End Sports Medicine on Public Life: Interacting with Media - A Primer for Spine Practitioners
- Honored Guest: Alison Kervin OBE
- 7 p.m. Moderated Discussion
- 7:30 p.m. Adjourn
- Sake tasting to follow (*Informal*).

Friday, October 18, 2019

- 7:30 a.m. Welcome and Introductions
- 8 a.m. Session 3: Hot Button Topics
- Traumatic brain injuries in sports – spine ramifications
 - ALS and contact sports
 - High-end youth sports
 - 'Stem cells' in disc regeneration
 - PRP and spine care
 - Liability for sports doctors: taking care of highly paid professionals
 - New hope for spinal cord injury recovery
 - Aging athletes – what's possible and how much sports is actually good?
 - Public 'right to know'
 - Optimum management of stress fractures – what does it take?
- 10 a.m. Morning Tea (*Networking and Industry Exhibits*)
- 10:30 a.m. Session 3 (*Continued*): Hot Button Topics
- Invited Keynote Lectures and Scientific Program
- 12 p.m. Working Lunch Sessions
- Educational Industry Demonstrations/Seminars
- Invite or sign-up required.*

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Each participant chooses two 45 min. sessions. Below is a list of possible hands-on stations – non-cadaveric.

- Endoscopic decompression
- Laminoplasty
- ADR – c-spine
- MIS lumbar fusion surgery (1)
- MIS advanced decompression techniques
- OLIF
- XLIF
- Robotic instrumentation
- Image guidance
- 3D visualization in spine surgery
- Less invasive neck surgery
- Integrated surgical visualization systems
- SI joint injections and fusions
- Pars repair techniques

- 2 p.m. Session 4: Return to Play Controversies
Invited Keynote Lectures and Scientific Program
- When is it 'right'?
 - Spondylolysis
 - Radiculopathies
 - Fusion versus ADR
 - Conditioning
 - Stenosis patients – when can they return?
 - Stress fractures
 - Neck pain
 - 'Back' pain
 - Personal training or web based remote training? Time for a paradigm shift?

- 4 p.m. Stretch Break

- 4:15 p.m. Session 5: International Sports/Spine Perspectives
(*PechaKucha Format*)
- Japan, Korea, PRC, UK
 - 'Down Under' Australia and NZ
 - North America (Canada and USA)
 - South Africa, RoE (Rest of Europe)

PechaKucha: A fast paced timed presentation style. 20 slides, 20 seconds each for total of 6 min. and 40 sec. per presentation. This allows for a dynamic and fast paced presentation format with diverse speakers on a wide range of topics. Discussion to follow.

- 6 p.m. Adjourn

- 7 p.m. Formal Japanese Dinner

Keyvan Mazda Memorial Lecture
What Can Elite Sports and Spinal Surgery Learn From the Getting It Right the First Time Program in the NHS?
Prof. Tim Briggs CBE

Saturday, October 19

- 9 a.m. Continental Breakfast
Executive Board Meeting of ISSC

- 10 a.m. Executive Session: Advancing the Cause of Sports and Spine Care

Future Directions - A Round Table Discussion with International Sports & Spine Congress
(*Invited Guests, Thought Leaders and Industry*)

- An interactive blue ribbon panel discussion (by invitation only)
- How can technology help athletes recover better and faster?
- What tools to spine surgeons and practitioners need to better restore athletic capability?
- What barriers need to be overcome

- 12 p.m. Adjourn

Call for Abstracts

The International Sports & Spine Congress welcomes submissions to this year's meeting set for October 17-19, 2019. Submissions are due by June 7, 2019. Submission can be made online at www.seattle-science-foundation.org/issc. There is no limit to the number of abstracts you may submit. Submission formats include:

- Oral Presentation
- Poster Presentation
- Digital Poster

For more information, please visit www.seattle-science-foundation.org/issc.

Featured Faculty

To learn more, visit www.seattle-science-foundation.org/issc.



Dr. Amir Abdul-Jabbar
Complex Spine Surgeon
Orthopaedic Surgeon
Swedish Neuroscience Institute
Seattle, WA, USA



Prof. Rob Dunn
Consultant Spine Surgeon
Cape Town University
Cape Town, South Africa



Mr. Pat Kiely
Consultant Orthopaedic Surgeon
Sports Surgery Clinic
Dublin, Ireland



Prof. Tim Briggs CBE
National Director for Clinical
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Clifford C. Raisbeck, MD, Professor
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Professor of Orthopaedic Surgery
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Dr. Yoshiharu Kawaguchi
Associate Professor,
Spinal Disease
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Toyama University
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Dr. Jeffrey Roh
Director, Minimally Invasive Spine
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Mr. Paul Rhys Davies
Consultant Spine Surgeon
New Hall Hospital
Salisbury, UK



Alison Kervin OBE
Sports Editor Mail On Sunday
London, UK



Assoc. Prof. Richard Williams
Consultant Spine Surgeon
Queensland university
Brisbane, Australia

Registration Information

To register, please visit us online at www.seattle-science-foundation.org/issc. For questions, please email info@seattle-science-foundation.org or call 1 (206) 732-6500.

October 17-19, 2019

Hotel Gajoen Tokyo
1 Chome-8-1 Shimomeguro Meguro-ku,
Tokyo 153-0064, Japan
+81 3 3491 4111
www.hotelgajoen-tokyo.com

Registration Fees:

Early Bird Registration: \$500.00 USD
After August 1, 2019: \$800.00 USD



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Sponsorship Opportunities

To confirm your spot, please visit www.seattle-science-foundation.org/issc or email info@seattle-science-foundation.org. For questions, please call 1 (206) 732-6500.

GOLD

\$30,000 USD

Two showcase labs, premier industry exhibits, daily featured session speaker, special promotional considerations, posters, and preferred digital links.

SILVER

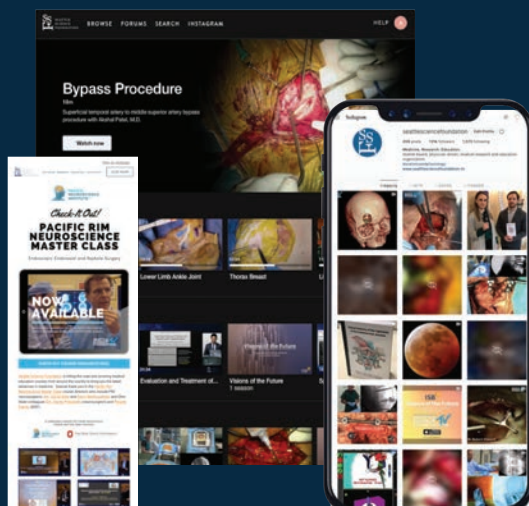
\$15,000 USD

Exhibit space, one featured session scientific speaker, promotional considerations, posters, and digital links.

BRONZE

\$5,000 USD

Exhibit space, scientific feature presentation, posters, and digital links.



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