



Sri Devaraj Urs Academy of Higher Education and Research

(A Deemed to be University)

**Sri Devaraj Urs Medical College
Tamaka, Kolar-563103**

**We cordially invite you all to a
State Level CME and WORKSHOP on
“NECK PAIN UNPLUGGED :
PRACTICAL GUIDELINES FOR
PRACTITIONERS”**

On

17/06/2025 from 9AM TO 4PM

Venue: LIBRARY AV HALL

Organized by

Dept. of ORTHOPAEDICS



INTRODUCTION

Neck pain is one of the most common musculoskeletal complaints affecting individuals across all age groups, with significant implications for quality of life and productivity. It can arise from a variety of causes ranging from mechanical strain and postural issues to more serious conditions such as cervical radiculopathy and myelopathy.

Understanding and managing neck pain requires a systematic approach that integrates clinical evaluation, imaging interpretation, conservative treatment modalities, and when necessary, surgical intervention.

1. Anatomical & Clinical Insight: Knowledge of cervical spine anatomy, biomechanics, and common clinical syndromes is fundamental to accurate diagnosis and treatment planning.

2. Multimodal Assessment: Evaluation through clinical examination and appropriate use of imaging—X-rays, CT, and MRI—forms the cornerstone of effective management.

3. Conservative and Surgical Strategies: Most cases of neck pain can be managed non-operatively through physiotherapy, medications, and posture correction. However, timely identification of surgical indications is crucial in cases involving neurological compromise.

Early Diagnosis: Reduces the risk of chronic pain and disability.

Targeted Treatment: Improves patient outcomes and function.

Evidence-Based Practice: Enhances practitioner confidence and clinical efficiency.

This CME and cadaveric workshop is designed to demystify neck pain by offering a practical, hands-on learning experience for orthopaedic trainees and young surgeons—bridging the gap from outpatient clinics to operative theatres.

GUEST SPEAKERS

Dr. Nirdesh H J

MBBS, MS Ortho, DNB Ortho, FNB Spine Surgery,
AO Spine Asia Pacific Spine Fellowship, AO Spine
International Fellowship (Kyung Hee University, Seoul
) Consultant spine surgeon at Sparsh Hennur

Dr. Mukhesh Thangavel,

Ms Ortho, DNB Ortho, FIJR, Dip SICOT,
MRCPS (Glasgow), FRCS, AO Global Spine Diploma,
FNB spine fellowship. Spine surgeon
Miot Hospital.

Dr. Navaneeth Kumar.G.K

MBBS, MS Ortho, FNB Spine Surgery, AO Spine
Fellowship, AO globe Spine diploma, fellowship in
endoscopic spine surgery (Thailand)
Consultant spine surgeon in Manipal Hospitals

LINK FOR REGISTRATION

<https://forms.gle/YTzdnaAweuANebgJ6>



**2 KMC POINTS WILL BE AWARDED FOR
PARTICIPATING IN THE PROGRAM**

PROGRAMME SCHEDULE

Morning CME Session: 9:00 AM - 1:00 PM

09:00 - 09:10	Inauguration & Welcome
09:10 - 09:45	Understanding Neck Pain: Anatomy, Biomechanics & Clinical Syndromes
09:45 - 10:15	Imaging in Neck Pain: Making Sense of X-ray, CT & MRI
10:15 - 10:45	Conservative Management of Mechanical and Radicular Neck Pain
10:45 - 11:00	Tea Break
11:00 - 11:35	Surgical Indications in Cervical Spine: When to Operate and Why
11:35 - 1pm	Interactive Case-Based Discussion: From OPD to OT

Lunch Break: 1:00 PM - 2:00 PM

Afternoon Cadaveric Workshop: 2:00 PM - 5:00 PM

2:00 - 2:10	Orientation, Dissection Safety, and Station Allocation
2:10 - 3:15	Anterior Cervical Approach (Smith-Robinson)
3:15 - 3:30	Tea Break & Station Switch
3:30 - 4:45	Posterior Cervical Approach (Midline, Laminectomy, Lateral Mass Exposure)
4:45 - 5:00	Feedback, Take-Home Messages & Certificate Distribution



Seeking Blessings of

Late Shree. R. L. JALAPPA
Founder Chairman, SDUET

Chief Patron

Sri. G.H. NAGARAJA

**HON'BLE CHANCELLOR, SDUAHER &
CHAIRMAN, SDUET**

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Vice-Principal, SDUMC

DR. DINESH K
DEPUTY MEDICAL SUPERINTENDENT, RLJH & RC

DR. RAJKUMAR
DEPUTY MEDICAL SUPERINTENDENT, RLJH & RC

Dr. Nagakumar J S

Prof & HOD,

Dept. of Orthopaedics

Organizing Chairperson,
SDUMC, SDUAHER

Organizing Secretary

Dr. Vinod Kumar K

Dr. Manoj Kumar R

Workshop Incharge

Dr. Manoj Kumar R

Organizing Committee Members

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Dr. Manohar P V

Dr. Hariprasad S

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Dr. Sunil Chandrashekar

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