



Clinical  
Professional  
Development

Spine IEP Fellows and Young Surgeons' Course  
Treatment of Degenerative Lumbar  
Disease using the eXtreme Lateral  
Approach (XLIF®)



**Friday, November 19, 2021**

San Diego, CA

Our journey together.

## Friday Agenda

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7:00 – 8:00 a.m.	Working Breakfast <ul style="list-style-type: none"><li>• Introductions</li><li>• Why Less Invasive and XLIF®?</li></ul>
8:00 – 9:30 a.m.	Didactic: Lateral Treatment for Degenerative Lumbar Pathology <ul style="list-style-type: none"><li>• OR Set-up</li><li>• Patient positioning</li><li>• XLIF technique</li></ul>
9:30 – 12:00 p.m.	Hands-on Lab <ul style="list-style-type: none"><li>• XLIF L3-L4</li></ul>
12:00 – 1:00 p.m.	Working Lunch <ul style="list-style-type: none"><li>• Case Discussion</li></ul>
1:00 p.m.	Depart for Huntington Beach <ul style="list-style-type: none"><li>• Group Transportation</li></ul>

### At the end of this course, you will be able to:

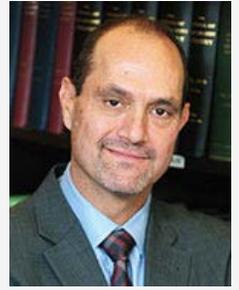
- Understand the surgical goal of eXtreme lateral access surgery
- Describe the patient indications ideally suited to XLIF
- Recognize relevant anterior/lateral anatomy related to XLIF procedure
- Demonstrate proper room set up and patient positioning to achieve accurate pathology access
- Describe the importance and application of dynamic EMG stimulation in traversing the psoas
- Employ the chronological steps of imaging, retroperitoneal access, dilation, and retractor placement
- Perform proper discectomy, trialing, and implant of interbody spacer to reconstruct anatomic disc space

## Faculty

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### Frank Phillips, M.D.

Orthopaedic Surgeon  
Director of Spine Surgery  
Midwest Orthopaedics at Rush  
Chicago, IL



### Greg Lopez, M.D.

Orthopaedic Surgeon  
Associate Professor  
Midwest Orthopaedics at Rush  
Chicago, IL



## Inexus Clinical Professional Development

NuVasive® has redesigned the clinical education experience. By using modern medical education principles to elevate training programs of the past, Clinical Professional Development (CPD) is able to support clinical education and practice development for our surgeons. Our competency-based courses provide peer-to-peer training, while obtaining valuable insights from real world scenarios, delivered by dedicated faculty members who are committed to providing an immersive education experience.

We have found that surgeons who engage in a process of collective learning form stronger Communities of Practice (CoP). Inexus CPD aims to extend training by encouraging surgeons to share knowledge, expertise, and practices on an ongoing basis after a training course. Using the provided online platform, Cisco Webex Teams, these surgeon-led communities are able to collaborate on upcoming cases and explore ideas and innovative thinking while engaging with faculty and key opinion leaders.