

5<sup>th</sup> World Congress on

## SPINE AND SPINAL DISORDERS

October 16-17, 2019 | Rome, Italy

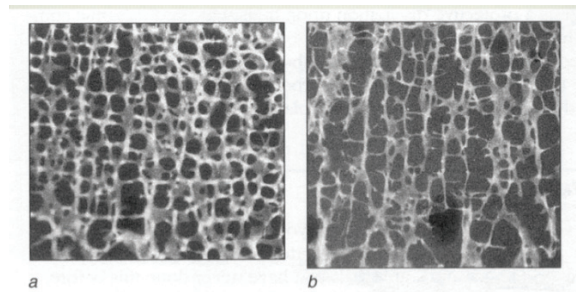
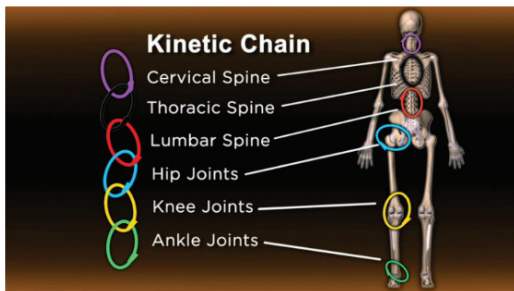


### Akhil Chhatre

Johns Hopkins University, USA

#### The Aging Spine

**Statement of the Problem:** Back pain is the number two reason to see a physician in the ambulatory setting in the United States. Expectedly, this yields tremendous pressures on the public and private sectors as it relates to cost, safety, morbidity/mortality and lifestyle. There is a lack of awareness among the general population as well as providers about the mechanisms involved as it relates to the degenerative cascade of Spondylosis. In addition to cognizance, there are prophylactic strategies to employ to slow, improve and even reverse this pathophysiology. This keynote discussion will stimulate the audience to raise and highlight the issue at hand, explore mechanisms of progression and provoke thoughts on treatment, prevention and reversal.



#### Biography

Akhil Chhatre is an Assistant Professor of Physical Medicine and Rehabilitation and Neurological Surgery at the Johns Hopkins University School of Medicine. He is the Director of Spine Rehabilitation at Johns Hopkins. He sees and treats adults with a wide range of Spinal Diseases and Disorders, including Neck and Low Back Pain, Lumbar and Cervical Degenerative Disease, Scoliosis, Spinal Stenosis, Facet Joint Disease, Whiplash Syndrome, Sacroiliac and Appendicular Skeletal Joint Disease and Peripheral Neuropathy. He has a special interest in helping patients regain function and reduce pain using non-surgical techniques and performing pain-reducing medicinal procedures, including steroid injections, nerve blocks and radiofrequency denervation. He received his medical degree from the University of Missouri School of Medicine and completed his residency in Physical Medicine and Rehabilitation at the University of Kansas Medical Center School of Allied Health. He performed his fellowship in Interventional Spine and Sports Medicine at the University of Pennsylvania. Previously, he worked as an Interventional Spine and Sports fellow at the Hospitals of the University of Pennsylvania after completing a residency in Physical Medicine & Rehabilitation at the University of Kansas Medical Center. He is also a member of the American Academy of Physical Medicine & Rehabilitation, the International Spine Intervention Society and the North American Spine Society.

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