

Neuroscience Grand Rounds 2026

From Balance to Breakdown: Biomechanics and Failure in the Aging Spine. Understanding Sagittal Alignment, Compensation, and Junctional Failure.

April 3, 2026 – 8:00 AM

Overall Activity Objectives:

- 1 Incorporate into practice current evidence-based practices to get patients with stroke the most appropriate treatment/intervention in the shortest time possible.
- 2 Incorporate disease modifying therapies into the treatment plan for individuals with multiple sclerosis based on the most current clinical research and professional society guidelines and the underlying science regarding mechanism of action.
- 3 Evaluate patients with neuromuscular disease for the use of the latest treatments, based on evidence-based guidelines and publications.
- 4 Treat patients with migraine with the latest agents and strategies when traditional treatments fail.
- 5 Refer patients with Parkinson's disease and other movement disorders for neuromodulatory treatments sooner in their treatment paradigm.
- 6 Incorporate ethical constructs into the delivery of care and communication with patients and their families.

Session Objectives:

- 1 Define the biomechanical principles underlying sagittal alignment and energy-efficient posture.
- 2 Characterize the degenerative cascade and the limits of compensatory mechanisms in the aging spine.
- 3 Analyze the pathomechanics of spinal failure, including junctional pathology following fusion.
- 4 Apply alignment principles to surgical strategy to optimize outcomes and mitigate complications.

Accreditation Statement:

The University of Arizona College of Medicine - Tucson is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

The University of Arizona College of Medicine - Tucson designates this Live Activity for a maximum of 1.00 *AMA PRA Category 1 Credit(s)*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Relevant Financial Relationships Statement(s):

University of Arizona College of Medicine - Tucson Office of Continuing Medical Education adheres to the ACCME's Standards for Integrity and Independence in Accredited Continuing Education. Any individuals in a position to control the content of a CME activity, including faculty, planners, reviewers or others are required to disclose all financial relationships with ineligible entities (commercial interests). The CME office reviewers have nothing to disclose. All relevant financial relationships have been mitigated prior to the commencement of the activity.

Name of individual	Individual's role in activity	Nature of Relationship(s) / Name of Ineligible Company(s)
Amanda A Codling, MD	Planning Committee Member	Nothing to disclose - 12/04/2025
Micah Etter, MD	Planning Committee Member	Nothing to disclose - 10/29/2025

Dedrick Jordan, MD, PhD	Activity Director	Other: Data Safety Monitoring Board-Acasti Pharma (Relationship has ended) Paid consultant-Novo Nordisk (Any division) Paid consultant-Icon PLC - 02/27/2026
David M Labiner, MD	Planning Committee Member	Grant or research support-Neurona Therapeutics Grant or research support-Xenon - 10/29/2025
Mansour Mathkour, MD, MSc	Faculty	Nothing to disclose - 03/30/2026



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