

21st Century Approach to Musculoskeletal Conditions -- The Gut-Spine Connection

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Learning Objectives:

By the end of this presentation, the attendee should be able to:

- Describe the overall role of gut dysbiosis and increased intestinal permeability in the pathogenesis of spinal disorders.
- Elucidate the importance of LPS endotoxin in the inflammatory process leading to arthritis and intervertebral disc degeneration.
- Integrate nutritional protocols for the microbiota-gut-spine connection.
- Identify key gut-related triggers of spinal disorders.
- Gain an understanding of the foundational approach to managing pain and inflammation.