



## Management of Lumbar Spinal Stenosis: Evidence-Based Approaches

**MattiePSPS Webinar - September 3, 2025 - 6:30 PM PST**

**Moderated by Drew Trainor, MD**

Time	Lecture Title	Presenter
5 minutes	Welcome/Introduction	Drew Trainor, MD
7 minutes	Conservative Treatment: Physical Therapy	Craig Smith, PT
5 minutes	Epidural Steroid Injections (ESIs)	Ryan Mattie, MD
6 minutes	Minimally Invasive Lumbar Decompression (MILD)	Samir Sheth, MD
6 minutes	Interspinous Fusion Devices	Rick Pacius, MD
6 minutes	Open Surgical Decompression (With and Without Fusion)	Zack Sharfman, MD
12 minutes	Treatment Algorithm and Case Study Discussion	Discussion led by Drew Trainor, MD
10 minutes	Q&A	All Panelists
3 minutes	Closing Remarks	Drew Trainor, MD